

# Ashley's Meal Prep Monday!

## Butterfingers

### INGREDIENTS

3 1/2 cups corn flakes  
1/3 cup maple syrup  
(sub honey/agave)  
1 cup peanut butter  
1 cup chocolate chips

Start by crushing the cornflakes until there are no big chunks, but not into a fine powder. (I put mine in a ziplock bag and crushed them up.) In a small bowl, mix together the syrup and peanut butter until combined. Add the cornflakes into the mixture and mix until well incorporated.

Form the pieces into candy bar shapes, or whatever shape you're wanting to go for. Place on a parchment paper lined tray and place in the freezer for 20 minutes or so.

Melt the chocolate chips on the stovetop, or in the microwave. You can even add 1/2 TBSP of coconut oil. Make sure you're constantly stirring so you don't end up with burned chocolate.

Then dip and coat each piece in the melted chocolate. Place back on the tray and into the freezer until hardened. Store in fridge/freezer.



Recipe: [lovelydelites.com](http://lovelydelites.com)

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