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# Special Kay Bars

Total: 25 mins

Prep: 15 mins

Cook: 10 mins

Servings: 36 servings

## Nutritional Guidelines (per serving)

|          |     |       |         |
|----------|-----|-------|---------|
| 320      | 11g | 52g   | 6g      |
| Calories | Fat | Carbs | Protein |

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

20 RATINGS

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Special Kay bars are a delicious no-bake bar cookie. The crunch of the cereal is complemented by rich and chewy caramel peanut butter and smooth and creamy chocolate.

You must use Special K cereal in this recipe. Puffed rice cereals become soggy in the rich caramel peanut butter mixture. The crisp cereal stays crunchy and gives the bars the most satisfying chewy texture that is perfectly complemented by the creamy frosting that stays soft and velvety.

These bars are a pretty good source of potassium, fiber, protein, and B vitamins for a treat!

## Ingredients

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1 cup brown sugar

1/2 cup granulated sugar

1 1/2 cups corn syrup

1 1/2 cups peanut butter (plus 1/3 cup more)

6 cups Special K crisp rice cereal (NOT Rice Krispies)

1 (12-ounce) package semisweet chocolate chips

## Steps to Make It

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There are two great methods for making these special kay dessert bars: the first is using the microwave, and the second is using your stove. We've outlined both below, so please feel free to use whichever appeals to you the most. Both methods will come out delicious!

### Microwave Version

01 Gather the ingredients.

02 In a large microwave-safe bowl, combine the sugars and corn syrup and mix well. Microwave on high for 2 minutes and 15 seconds; meanwhile, rinse the spoon off with very hot water.

- 03 Remove the bowl from the microwave and stir the mixture, scraping down the sides of the bowl.
- 04 Return the bowl to the microwave and microwave on high for another 2 minutes and 15 seconds, or until the mixture begins to bubble and boil. Again, rinse that spoon.
- 05 Remove the bowl from the microwave and add 1 1/2 cups of the peanut butter. Stir until mixture is smooth and combined.
- 06 Add the cereal and stir to coat.
- 07 Pour and press the cereal mixture into a greased 13- x 9-inch pan, using the back of a greased spoon to press evenly.
- 08 Combine the chocolate chips and 1/3 cup of the peanut butter in a small microwave-safe bowl.
- 09 Heat on medium power for 2 minutes; remove and stir. (Return to microwave for another 30 seconds if necessary to melt chips; stir until smooth.)
- 10 Spread over cereal mixture.
- 11 Let cool completely, then cut into bars.
- 12 Store, covered, at room temperature.

#### Stovetop Version

- 01 Gather the ingredients.
- 02 In a large saucepan over medium heat, combine the sugars and corn syrup and mix well until the mixture starts to bubble and the sugar is dissolved.
- 03 Add 1 1/2 cups of the peanut butter. Stir until mixture is smooth and combined.
- 04 Remove the pan from the heat and add the cereal and stir to coat.
- 05 Pour and press the cereal mixture into a greased 13- x 9-inch pan, using the back of a greased spoon to press evenly.
- 06 In another, smaller, saucepan, melt the chocolate chips and 1/3 peanut butter over low heat, frequently stirring, until melted and smooth.
- 07 Spread over the cereal mixture.
- 08 Let cool completely, then cut into bars.
- 09 Store, covered, at room temperature.

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#### Recipe Tags:

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| Cookies | Dessert | American | Back To School |
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