

Sprouted Brown Rice Cacao Crispies

Serving: 9

Ingredients

$\frac{2}{3}$ cup maple syrup*

$\frac{2}{3}$ cup smooth almond or peanut butter

$\frac{1}{4}$ cup cacao powder

3.5 cups crispy brown rice cereal

Directions

Line an 8x8" baking pan with parchment paper, or set out a muffin tin to make individual servings.

In a large bowl, mix the cereal with the cacao powder. Set aside.

In a small pot, melt on low heat, the syrup and nut butter until fully combined. Add this mixture to the cereal mixture and mix until all are incorporated. Transfer this mixture to the pan -- press down with a spatula or spoon to smooth out the top and make it uniform. Place pan in the freezer for about 30 minutes. Remove from pan and slice. Store extras in an airtight container in your fridge.

Yields 9 large bars or 18 mini bars, or 9 muffin size cacao crispies.

*The maple syrup can be subbed with brown rice syrup.

