Crispy Rice Chews

Ingredients
- 1/4 cup natural almond butter
- 1 tsp vanilla extract
- 3 tbsp brown rice syrup
- 1 cup rice crisp cereal (i.e. Nature’s Path Crispy Rice Cereal)
- 1 tbsp dark chocolate chips or raisins (optional)

Making it
- In a medium sized bowl, stir together the almond butter, brown rice syrup, and vanilla.
- Heat in a microwave for 20 seconds to melt brown rice syrup and almond butter. Stir well
- Add in the rice crisps. Stir until fully mixed. Add the chocolate chips or raisins and mix.
- With wet hands roll a small handful of the mixture into ‘golf-ball’ size portions. Place the balls onto parchment paper and freeze for 5 minutes. You can keep these chews in the freezer (or fridge) in a sealed container.

Recipe adapted from: http://ohsheglows.com/2011/01/05/5-minute-5-ingredient-no-bake-almond-butter-chews/

NUTRITION FACTS
Servings: 8
PER SERVING
Calories (kcal): 102
Fat (g): 5
Carbohydrate (g): 13
Fibre (g): 0.9
Protein (g): 1

TIPS & HINTS
If you don’t have a microwave, heat the ingredients in a glass bowl over a pot of boiling water until melted.