



## HEALTHY BROWN RICE CRISPY TREATS

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Yield: 10-12 servings

### Ingredients

- ❖ 1 ½ cups brown rice syrup (“Lundberg Farms Sweet Dreams”)
- ❖ 1 cup organic peanut or almond butter \*\*Try “Sun Butter” for Nut-Free version
- ❖ 7 cups whole grain brown crisped rice cereal (“Barbara’s” or “Erewhorn”)



### Procedure:

1. In a small saucepan, over low to medium heat, warm rice syrup and nut butter until liquefied and heated through but not boiling, about 5 minutes.
2. In a large bowl, pour cereal and using a rubber spatula, fold in warm nut butter mixture.
3. Lightly grease a 9×13-baking dish and pour rice mixture. Press into an even layer. Let cool (do not refrigerate) and cut into squares for serving.

### Serving ideas:

1. Add “Sunspire” Grain Sweetened Chocolate or Carob Chips
2. Add chopped nuts
3. Add dried fruit (raisins, cranberries)