



Vegan Rice Cereal Treats

Ingredients

3 cups brown rice cereal
 $\frac{1}{3}$ cup nut or seed butter,
no-sugar-added
 $\frac{1}{3}$ cup maple syrup

Directions:

1. Line a square baking pan with parchment paper
2. In a small bowl, combine nut or seed butter and maple syrup; Heat in 20-second intervals until liquidy, mixing in between rounds; Repeat 4-6 times
3. Add brown rice cereal to the mixture; Fold until well combined
4. Pour and pack into pan; Smooth over the top with a spatula
5. Chill in the freezer for one hour; Remove and slice into even squares; Enjoy!

Cookware needed:

Baking pan
Small bowl
Spatula

Cost: \$ \$

Ease: 

Health Benefit: Brown rice is a source of whole grains and provides our body with energy. Maple syrup is a natural sweetener that contains antioxidants that fight disease. Nut and seed butter is a great source of healthy fats to promote brain health.