

HEALTHIER CRACKLES

Ingredients:

- 60g (2 cups) natural puffed rice
- 50g (1/4 cup) coconut sugar
- 35g (1/2 cup) shredded coconut
- 30g (1/4 cup) raw cacao powder
- 125ml (1/2 cup) melted coconut oil.



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Method:

1. Combine puffed rice, sugar, coconut and cacao powder in a bowl. Add coconut oil. Mix until combined
2. Line 24 mini muffin pans with paper cases. Spoon mixture into prepared cases, stirring mixture occasionally to prevent settling in bowl. Place in fridge for 30 minutes to set. Store in an airtight container in the fridge for up to 3 days.