

Chocolate Chip Almond Butter Rice Crispy Squares

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3 1/2 cups brown rice crisps
- 1/2 cup brown rice syrup*
- 1/2 cup almond butter
- 2 tbsp coconut oil, measured when solid
- 1 tbsp dark real maple syrup
- 1/4 cup chocolate chips
- 1/4 cup chopped walnuts (optional)

Instructions:

1. Line a square 8"x8" pan with parchment paper.
2. Place brown rice crisps in a large mixing bowl, set aside.
3. In a pot on low heat, combine brown rice syrup, almond butter, coconut oil and maple syrup. Once combined, remove from heat.
4. Add brown rice syrup mixture to brown rice crisps until well combined. Fold in chocolate chips. Pour mixture into 8x8 pan and refrigerate for 2 hours. Remove from refrigerator, cut into squares and enjoy immediately!
5. If you plan on serving these at a picnic or BBQ outside, they are best served chilled, otherwise they are a sticky mess!

Notes:

* Make sure you use brown rice syrup. I tried this recipe without it and used maple syrup only instead and it didn't bind properly. Brown rice syrup can be found at health food stores, in the natural food section of your grocery store or online. I haven't tried liquid honey, but that would probably work very well too.