

Springtime Rice Treats

Rice treats are a great no bake snack to prepare when you and your family need a sweet treat. This recipe is allergy friendly. It uses sun butter and dried fruit to give it sweetness and its sticky texture. You can customize the mix ins with any fruits, nuts or seeds you like

Ingredients:

- 1/3 cup sunflower butter
- 1/4 cup maple syrup
- 3 cups puffed rice cereal
- Optional mix ins:
 - Dried cranberries
 - Dried papaya
 - Raisins
 - Sunflower seeds
 - Pumpkin seeds
 - Freeze dried strawberries
 - Sprinkles
 - Chocolate chips



Directions:

1. Prepare and 8x8 baking sheet with wax paper so treats don't stick.
2. In a small microwave safe bowl, mix together sun butter and maple syrup. Place in the microwave and heat for 20 seconds. Then repeat until mixture is evenly mixed.
3. In a large bowl, put rice cereal. Then add maple syrup mixture to rice cereal. Mix to combine.
4. Add mix ins of choice to rice cereal mixture. Fold in ingredients so they are evenly distributed.
5. Pour the mixture onto the prepared pan and use a spatula to evenly spread the rice mixture out until it covers the pan.
6. Chill in the freezer for about an hour and enjoy!

Yield: 16 treats

Nutrition Facts: Base

60 Calories; 3 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 20 mg Sodium; 7 g Carbohydrate (0 g Fiber, 4 g Total Sugar, 3 g Added Sugar); 1 g Protein; 0% Daily Value (DV) Vitamin D; 2% DV Calcium; 6% DV Iron; 2% DV Potassium Notes: You can choose any combination of mix ins you'd like for this recipe.