

## Good For You Gourmet Brown Rice Crispy Squares: vegan & GF

Ingredients	Volume for 9	Volume for 18
Brown Rice Syrup Vanilla extract Coconut Oil	1 cup 1 tsp 1/8 cup	2 cups 2 tsp 1/4 cup
Smooth nut butter: almond/cashew Coconut Butter	1/2 cup 1/4 cup	1 cup 1/2 cup
<u>Sweet Spice Options:</u> Cinnamon powder Ginger Powder	1/2-1 tsp 1/4-1/2 tsp	1-1.5 tsp 1/2-1 tsp
<u>Optional:</u> fold in... Dried Cranberries	1/3-1/2 cup	2/3-1 cup
Brown Rice Crispy Puffs, or assortment of Natures Path GF cereals	6 cups	12 cups
<u>Container size:</u> lightly spray with oil, then line with parchment	8x8, or 9x9 inch square	9x13, or 10x14 inch rectangular

Pre-measure the cereals into a medium or large size stainless or glass mixing bowl, and set aside.

Now portion the brown rice syrup and vanilla into a medium size heavy bottom sauce pan, and bring to a boil over medium heat, then reduce heat to low, and simmer for 2 minutes. Whisk in the nut butter and coconut oil and sweet spices at this time, using a very sturdy whisk, metal heat resistant hand held mixer, or hand held egg beater, and beat until smooth.

Gently fold into cereals using a large silicon or other heat resistant spatula, mixing for one minute maximum to minimize crushing cereal, and turn out onto parchment lined or lightly sprayed cake pan/ casserole dish, and press down lightly to ensure even thickness and density. Let cool for one hour before slicing. Cover and refrigerate when storing to maintain freshness.

Recipe courtesy of the Good For You Gourmet, Chef Laura Moore, in Victoria BC, Canada.

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