

"Healthy" Rice Crispy Treats

Ingredients

1. 95grams Medjool Dates
2. 40ml Coconut Oil
3. 125grams Natural Peanut Butter
4. 100grams dark chocolate
5. 1tsp Vanilla Extract
6. Pinch Salt
7. 75grams Puffed Rice
8. 1tbsp Honey or sugar free maple syrup

Method

Step 1

Grab a blender and combine the pitted dates, coconut oil, peanut butter, honey and vanilla extract until a thick paste forms. Add some warm water, a tbsp at a time if it won't blend. Don't add more than 1/4 cup in total or the mixture will be too wet.

Step 2

In a large bowl, mix this with the puffed rice until evenly coated. Season with a pinch of salt to bring out the flavour. Press this mixture down into a lined baking pan and place in the fridge for half an hour to set.

Step 3

Once the mixture is set, melt the dark chocolate and layer on top. Place back in the fridge to set the chocolate. Finally cut into desired pieces with a sharp knife. Store in an air tight container in the fridge.

