



# NANA JENNY'S KITCHEN

## Christmas Recipe "Healthy Chocolate Crackles"

### INGREDIENTS

- 2 3/4 cup (95g) puffed rice cereal \*
- 1/2 cup (50g) desiccated coconut
- 1/3 cup (70g) coconut oil/butter
- 1/3 cup (30g) unsweetened cocoa powder
- 3 tablespoons maple syrup



### DIRECTIONS

1. In a bowl, combine your cereal and coconut.
2. Line an 8x8" pan with baking paper, leaving extra baking paper on the sides so it's easy to Lift out your chilled slice.
3. Add your coconut oil, cocoa powder and maple syrup to a medium sauce pan and melt over a medium heat until your coconut oil is melted and your mixture is smooth.
4. Combine your wet and dry ingredients (either pour your cereal mix into the pan if it's big enough or pour your coconut oil mix into your cereal bowl - it doesn't matter either way) and mix until combined.
5. Pour your mix into your prepared baking dish or into patty pans and place into the fridge to set (ours took about 2 hours).
6. Once completely set, cut your slice into squares/bars/whatever you fancy! Or decorate the patty pans with a Christmas theme.
7. To store: the slice is best kept in the fridge so it doesn't get too crumbly or begin to melt. They keep for quite some time in the fridge, however, they also freeze well and will last for months if kept in the freezer (and you can eat them straight from the freezer).

\*This seems like an odd measurement, but trust me! We found using 3 cups worked, but the bars tended to be a little crumblier.