

Chocolate Puffed Cereal Bars

INGREDIENTS

- 1/2 cup almond or nut butter, unsalted and unsweetened
- 3 tablespoons coconut oil
- 1/3 cup honey
- 2 tablespoon maple syrup
- 1/3 cup bitter- or semi-sweet chocolate chips
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt, or less if using salted nut butter
- 4 cups puffed whole-grain cereal: brown rice, kamut, amaranth or millet
- 1/2 cup of a chopped nut and/or seed mixture: almonds, sunflower seeds, pecans, hemp seeds, pumpkin seeds, cashews, walnuts
- 3 tablespoons ground flax seed
- 1/4 cup shredded coconut

DIRECTIONS

1. Prepare a 8x8 baking dish with a light coat of oil and/or parchment lining.
2. In a large pot over medium heat, combine the almond/nut butter, coconut oil, honey, maple syrup, and chocolate chips. Heat until melted and then turn off the heat and add the vanilla extract and salt.
3. Stir in the puffed cereal, nuts, and ground flax and mix until thoroughly coated.
4. Spread mixture into the baking dish, pressing mixture down very firmly with a spatula (this is essential to make sure the bars hold together once cooled). Sprinkle with shredded coconut and then chill in the refrigerator until firmly set.
5. Cut into squares and enjoy.

The recipe can be made nut-free with sunbutter replacing the almond butter. However, do not replace the coconut oil as it is needed to hold the bars together after cooling.

Recipe inspiration from Meghan Telpner
<https://www.meghantelpner.com/crispy-rice-squares-make-me-smile/>

