

Sunflower Seed Butter Rice Puff Squares

5 ingredients · 1 hour 20 minutes · 12 servings



Directions

1. Line a baking dish with parchment paper and set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to the lowest heat.
3. Add the sunflower seed butter, honey, coconut oil, and vanilla to the smaller pot and stir until well combined and smooth. Remove the pot from the heat. Stir in the rice puffs cereal.
4. Transfer to the prepared baking dish and press into an even layer.
5. Refrigerate for at least an hour or until firm. Remove from the baking dish and cut into squares. Store in the fridge until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately one 2 x 3-inch square.

No Sunflower Seed Butter

Use another nut or seed butter instead.

No Rice Puffs Cereal

Use crispy rice cereal instead.

No Coconut Oil

Use butter instead.

Baking Dish

An 8 x 8 baking dish was used for 12 servings.

Ingredients

1/2 cup Sunflower Seed Butter

1/2 cup Honey

2 tbsps Coconut Oil

2 tsps Vanilla Extract

2 1/2 cups Rice Puffs Cereal

Nutrition

Amount per serving

Calories	140	Vitamin D	0IU
Fat	8g	Vitamin E	2mg
Carbs	17g	Vitamin K	0µg
Fiber	1g	Thiamine	0.1mg
Sugar	12g	Riboflavin	0.1mg
Protein	2g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	0mg	Folate	26µg
Potassium	66mg	Vitamin B12	0µg
Vitamin A	6IU	Phosphorous	74mg
Vitamin C	0mg	Magnesium	34mg
Calcium	7mg	Zinc	1mg
Iron	1mg	Selenium	11µg

