

BROWN-RICE CRISPY TREATS

1 tsp. sunflower oil
1 cup brown rice syrup
2 tbsp. cashew or almond butter
2 tsp. vanilla extract
6 cups dry natural brown-rice crispy cereal
(or a combination of puffed rice and puffed millet)

Put oil into a large pot and heat. Add rice syrup and cashew or almond butter; stir and heat until bubbles form. Turn off heat and add vanilla extract. Add cereal and mix well with a spatula. Stir in nuts (optional) and mix lightly. Press into a 9" X 13" pan. With slightly wet hands, press mixture flat. Let mixture set to room temperature. Cut and serve. Makes 24 squares.

Optional additions:

Chopped cashews or almonds

Non-dairy chocolate chips or Carob chips (add when mixture slightly cooled)