

Healthy Chocolate Crackles

Recipe by nutritionist Casey-Lee Lyons from *Live Love Nourish*. www.livelovenourish.com.au

Prep: 10 mins + setting time

Makes: Approx 12

Ingredients:

- 1 3/4 cups puffed rice* (30g)
- 1/2 cup shredded coconut (35g)
- 1/2 cup coconut oil (125ml)
- 3 tbsp cacao powder (30g)
- 2 tbsp coconut sugar (or honey)* (40ml)
- 1 tbsp tahini (or almond butter)* (25g)

Method:

1. In a frying pan toast puffed rice and shredded coconut over low heat. Agitate frequently until crisp. Remove from heat and allow to cool.
2. In a mixing bowl combine puffed rice, shredded coconut and cacao powder.
3. In a small saucepan melt coconut oil with tahini and coconut sugar (or chosen sweetener).
4. Pour liquid over dry mixture and combine well.
5. Spoon combined mixture into patty cases and place in fridge to set.
6. Keep in fridge until ready to eat.

Recipe tips:

*You can also use puffed quinoa or puffed buckwheat in place of puffed rice.

*You can use any natural sweetener of choice including coconut sugar, coconut syrup, rice malt syrup, honey or maple syrup.

*To make this recipe nut free, use tahini. Otherwise either tahini or almond butter work well.

- Toasting the puffed rice and coconut is an optional step, however this will provide crunch to your crackles.
- To add nutritional value to this recipe you can add 1 tbsp sunflower seeds or pepitas and/or 2 teaspoons sesame seeds.
- The tahini and almond butter is optional however adds a source of protein, good fats and calcium to the crackles.

About the author:

Passionate about inspiring others to live a healthy and happy life, naturopath and nutritionist Casey-Lee Lyons shares her healthy recipes, free from gluten, dairy and sugar, in a refreshing and simple way.

Her easy-to-understand nutrition and lifestyle advice has helped many people improve their health and vitality and to live their healthiest and best life.

To download her free recipe e-book or to browse through hundreds of delicious recipes visit www.livelovenourish.com.au or follow Live Love Nourish on social media:

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