

Cacao Chia Crispies

Ingredients:

1 cup nut butter (almond, peanut, cashew)
2/3 cup honey or maple syrup
1/3 cup chia seeds
1/4 cup raw cacao powder (or cocoa powder)
1/3 cup coconut oil, melted
2 teaspoons vanilla
pinch of sea salt
6 cups crisped brown rice cereal (not puffed rice)



Directions:

1. In a mixing bowl cream together wet ingredients. Add the chia seeds, cacao, and salt. Blend until combined. Add the crisped rice and stir until evenly mixed.
2. Form into 1 inch balls (optional - chill the dough for 30 minutes before forming balls, to firm up the mixture a bit).
3. Store in the refrigerator.

A simple lunch box or on the trail snack!