

Brown Rice Crisps Nut & Fruit Bars

Soft-crunchy, nutty, and sweet long-lasting energy. Pure brown rice snack bars. EDEN Dried Fruit, Nuts, and Seeds, real organic food that Tastes Great.

Ingredients, organic

2 Tbsp EDEN Barley Malt Syrup
1 cup maple syrup
1/4 cup creamy peanut butter, optional
10 oz. crispy brown rice cereal,
(about 8 cups)
1/3 cup EDEN Dried Cherries,
coarsely chopped
1/3 cup EDEN Dried Cranberries
1/3 cup EDEN Roasted Pumpkin Seeds
1/4 cup EDEN Pistachios
1/4 cup EDEN Tamari Roasted Almonds,
coarsely chopped
1/4 cup California Thompson Raisins

Nutrition

114 calories per serving
3 g fat (22% calories from fat)
2 g protein
20 g carbohydrate
1 g fiber
90 mg sodium



Prep Time 30 minutes
Cook Time 12 minutes

Serves
30

Directions

Place the syrups and peanut butter into a small saucepan and whisk. Bring to a boil as you stir it constantly. Reduce heat to medium-low, stir or whisk frequently. Simmer it 10 to 12 minutes or until the syrup thickens and drips slowly from a spoon. Place the crispy cereal, dried fruit, seeds, and nuts in a mixing bowl. Pour the hot syrup over the mixture and mix to coat all ingredients. Lightly moisten a glass baking dish with cold water. With wet hands, place the mixture in the baking dish and press it down evenly and firmly. Place the dish in the freezer for 20 to 30 minutes, allowing the syrup to harden. Slice into bars or squares.

Store in a covered container on the counter or refrigerate.