



CHOCOLATE CRACKLES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 20 mins

Cook time: Nil

Makes: 14



INGREDIENTS

- 2 cups puffed buckwheat
- 1 1/2 cups desiccated coconut (unsweetened)
- 1/2 cup melted coconut oil
- 1/2 cup cacao powder
- 1/4 cup peanut butter
- 1/4 cup rice malt syrup
- 1 tbsp natvia (optional)
- 1 tsp vanilla extract
- 1/4 tsp pink rock salt

METHOD

- Place all ingredients EXCEPT puffed buckwheat and coconut into a blender, and blend until smooth.
- Pour into a large bowl and stir in the buckwheat and coconut, mix well.
- Spoon into paper or silicone patty pans, and refrigerate for half hour.
- I store these in the freezer, they thaw very quickly and are lovely a bit hard.