

# Puffed Rice Breakfast Bars

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-puffed-rice-cake-recipe>

## Ingredients:

- 2 tablespoons extra virgin coconut oil
- 1/4 cup almond butter organic, or nut butter of choice
- 1 cup raw honey or organic brown rice syrup
- 1/4 cup sunflower seeds optional
- 1/2 cup coconut flakes shredded unsweetened
- 2 tablespoons ground flax seed
- 1/2 cup carob or chocolate chips
- 2 1/2 cups puffed rice organic
- 2 1/2 cups millet organic puffed

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 178 grams
3. Fat: 35 grams
4. Fiber: 16 grams
5. Protein: 20 grams
6. SaturatedFat: 15 grams
7. Sodium: 20 milligrams
8. Sugar: 71 grams

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