Healthy Cacao Pops

This weeks recipe of the week has been inspired by Taste Magazine. Deliciously sweet cacao pops... but do watch out, they are very addictive.

Ingredients:

6 cups organic brown rice puffs

2 tablespoons organic cacao powder

1/4 cup solidified coconut oil

2 tablespoons pure maple syrup

Method:

1. Preheat the oven to 130'C fan forced and line two large baking trays with baking paper.
2. Place the puffed rice in a large bowl and set aside.
3. Place the coconut oil, maple syrup and cacao powder in a small saucepan and heat until the oil is melted mixing the ingredients until smooth.
4. Pour the mixture over the rice and using your hands mix until the ingredients are well combined.
5. Spread the rice mixture over the prepared baking trays and bake for 3 minutes. Stir well, then return to the oven rotating the trays and bake for another 3 minutes.
6. Set aside on the trays to cool completely.Store in an airtight container for up to a week.

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