

Shez's KITCHEN

AVIDEngage is a new online series created exclusively for our AVID community. It aims to bring our residents, customers and communities around Australia together, online.

Ingredients

- 100g cacao butter
- ½ cup coconut oil
- ½ cup cashew spread (or nut free spread if required)
- ½ cup rice malt syrup
- 5 cups puffed rice
- 1 cup desiccated coconut

OPTIONAL: any add-ins such as dried fruit, chocolate chips, nuts and seeds.

Makes

Approximately
15 bars

Prep Time

30
minutes

Cool Time

2+
hours

BUBBLE BARS



Instructions

1. In a saucepan gently melt cacao butter and coconut oil, allow to cool for 10 minutes. Add cashew spread and rice malt syrup, stir until combined. Allow mixture to continue to cool, approximately 10 minutes, stirring frequently.
2. In a bowl mix puffed rice and coconut. Stir in wet ingredients and press firmly into a lined slice pan. Place in fridge until hard, overnight is best.
3. Slice up and eat! (Best kept chilled, or else be prepared for a mess when eating!)