

## Crisp Rice and Fruit Bites

### Ingredients:

- 1 cup almonds
- 1 cup walnuts
- 1 cup prunes
- 1 cup dried mango, sliced into 1" pieces
- ¼ cup honey
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 ½ cup brown rice crisps or puffs cereal



### Making it:

1. Preheat oven to 200°F and line baking sheet with parchment paper or lightly grease.
2. Food processor: Place almond in and pulse until coarsely chopped. Add remaining ingredient except cereal and pulse until ingredients are chopped but not pureed. You may need to use a spatula to scrape sides.
3. Bowl: Mix blender ingredients with cereal using your hands (wet you hands to prevent mix sticking).
4. Cutting board: Press mixture firmly into ¾" thick square. Cut 1" square pieces and arrange on baking sheet.
5. Bake for 30 min. Allow to cool and store in airtight container.

### Tips and Hints:

- You can add any type of dried fruit. Try chopped dried mangoes, apricots or pineapple.
- You can freeze and unthaw at a later date.
- Higher energy needs? Make each bite larger.
- Great quick grab snack for a high-carb bite before or after training.

### NUTRITION FACTS

Servings: 50 squares

Servings Size: 1 square

|                       |            |
|-----------------------|------------|
| <b>Total Calories</b> | <b>180</b> |
| Carbohydrate          | 23 g       |
| Total Fat             | 9 g        |
| Protein               | 3 g        |
| Fiber                 | 3 g        |

Prep Time: 15

Cook Time: 30