



Dairy-Free Rice Krispy Treat

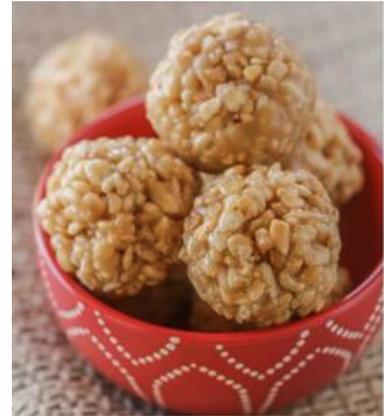
Maintenance to be mixed into your Rice Krispy treat: nuts and seeds of your choice.

Supplies:

- Parchment paper

Ingredients:

- 3 tablespoons coconut oil
- One 10-oz package of mini marshmallows (if dairy allergic, please use appropriate marshmallows, like Dandies)
- 5 cups Rice Krispies cereal (or any cereal of your choice)
- Maintenance nuts/seeds of choice
- Optional: Enjoy Life Chocolate Chips



Instructions:

1. In a small container (glass or plastic), measure out and combine your maintenance nuts/seeds of choice for every day of the week.
2. In a large saucepan, melt coconut oil over low heat.
3. Add marshmallows and stir until completely melted.
4. Remove from heat
5. Add Rice Krispies cereal, stir until well coated
6. In a medium-sized glass bowl, add your mixed nuts/seeds.
7. With a spatula, add a small amount of the Rice Krispie treats mixture to the bowl. Mix well.
8. **Optional:** Add Enjoy Life Chocolate Chips
9. You can use wet hands or parchment paper to shape your Rice Krispies treat into a ball or a square.
10. Once you have your shape of choice, set aside on parchment paper to cool.
11. Repeat steps 6-9 for the rest of the week's maintenance nut/seed.

Notes:

Kellogg's brand "Rice Krispies" are wheat free, however, they are not gluten-free, as typical and generic brands of Rice Krispies usually use barley. If you need wheat AND gluten-free, [Malt-0-Meal](#) & [Erewhon](#) are gluten-free substitutions.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Dairy, Nuts/Tree Nuts