



YMCA WA EARLY LEARNING CENTRES

Recipe of the month!



HEALTHY CHOCOLATE CRACKLES

Have you exhausted your lunchbox ideas? This is a perfect quick and easy recipe!

INGREDIENTS:

1. 200g coconut oil
2. 1/2 cup honey
3. 4 cups puffed kamut **or** puffed grain **or** toasted muesli
4. 1 cup desiccated coconut
5. 3 tbsp cocoa
6. 1/4 cup sultanas (optional)

METHOD:

Step 1

Line a 16cm x 23cm slice tin with baking paper and set aside.

Step 2

In a saucepan, over low-heat, stir coconut oil and honey until melted.

Note: The oil and honey won't come together completely, this is ok!

Step 3

In a large bowl, combine puffed kamut, desiccated coconut, cocoa and sultanas.

Step 4

Pour over melted coconut oil and honey and mix well.

Step 5

Press into a lined slice tray or dollop into patty cases.

Refrigerate until set.

CONNECT WITH US!

 ymcawa.org.au

 YMCAWA Early Learning Centres

 [ymca_wa](https://www.instagram.com/ymca_wa)