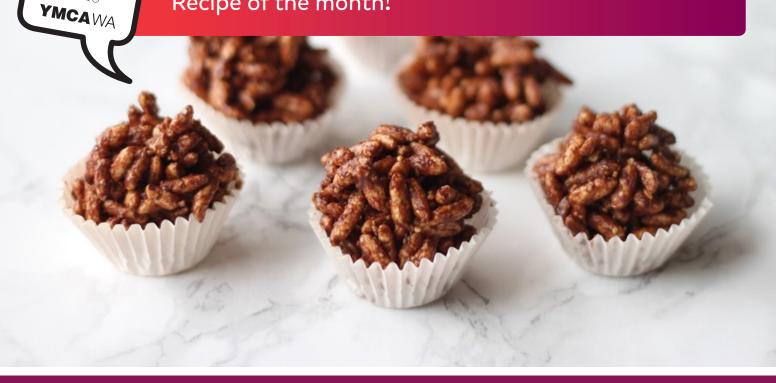
YMCA WA EARLY LEARNING CENTRES

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
- 1 cup desiccated coconut 4.
- 3 tbsp cocoa 5.
- 1/4 cup sultanas (optional) 6.

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.

