

# Recipes

## Snacks

### **Karen's MCT Crispy Treats**

*Prep Time: 20 minutes*

#### **Ingredients:**

3/4 cup almond butter or peanut butter  
1/2 cup yacon syrup  
1/2 brown rice syrup  
1 cup goji berries  
1 2/3 cups puffed millet  
1 2/3 cups puffed rice  
1/4 cup pumpkin seeds  
3/4 cup sunflower seeds  
1/4 cup cacao nibs  
1/4 cup MCT Oil

#### **Directions:**

1. Lightly coat a 9" × 13" baking pan with Coconut oil.
2. In a large saucepan, heat nut butter with brown rice and yacon syrup over low heat until bubbles form. Quickly stir in remaining ingredients along with MCT oil and mix well.
3. When cool enough to handle, press into baking pan. Cool completely. Cut into 16-24 bars. Wrap pan tightly.