



BLACKMORES[®]

dairy free, refined sugar free, gluten free
makes 10 large bars or 20 small bars

Caramel rice puff bars

A delicious lunchbox-friendly snack packed full of nutritious ingredients for your kids to enjoy during the day.

Ingredients

- 3 cups puffed brown rice
- 1 cup pepita seeds, lightly smashed
- 1/4 cup black chia seeds
- 1/2 cup honey
- 3/4 cup tahini, divided
- 1 tsp vanilla extract or vanilla bean paste
- 1/4 cup coconut oil, melted
- 1/4 cup sesame seeds

These caramel rice puff bars are the perfect treat for your children not only because they taste delicious but they are packed full of ingredients that are a source of the mineral zinc.



Recipe by Roberta Nelson

Follow Roberta on Instagram [@naturomedico](https://www.instagram.com/naturomedico)
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How to make

1. Start by lining a square baking tray (20cm x 20cm) with baking paper and set aside.
2. Place the puffed rice, pumpkin seeds and chia seeds into a mixing bowl and combine them together.

Heat the honey and 1/2 a cup of the tahini in a saucepan on the stove over a medium heat, stirring continuously for 3 minutes until the mixture is warmed through.

Add the hot tahini to the puffed rice mixture and stir well ensuring everything is coated and combined well (it will be very sticky!)

3. Press the sticky mixture into the prepared baking tray, pressing it down really well with a spatula or the palm of your hand to ensure the bars stick together.

Place in the fridge to set for 1 hour.

4. Once set, remove the slab from the tray and slice it into 10 or 20 equal pieces.

Mix the remaining 1/4 cup of tahini with the melted coconut oil and place the sesame seeds on a small plate. Dip one end of each bar in the tahini coating, then immediately in sesame seeds and place back on the tray.

Once complete, set again in the fridge for 10 minutes and then store in an airtight container in the fridge for up to 5 days.

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