

Original Recipe by Andy Cunningham of Green Cuisine, Victoria, BC, Canada

www.greencuisine.com - Used with permission of Andy

RECIPE

Mudpie Bars

Vegan

- 1 Cup Rice Syrup
- 1 Tsp Vanilla
- 2 Tablespoons Smooth Peanut Butter
- 4 Cups Rice Crispies
- 1 Cup Chopped Almonds (or Pecans, Walnuts, Brazils)
- 200 grams Dark Chocolate Chips
- 1 Cup Smooth Peanut Butter

Method

1. Melt Chocolate and 1 Cup of Peanut Butter in glass bowl
2. Bring rice syrup to boil, stir in vanilla and 2 tablespoons peanut butter and whisk until smooth
3. Add Rice Crispies and chopped nuts, mix well.
4. Sprinkle half of rice crispy nut mixture into a glass dish and flatten with a flat base bowl or clean moistened hands (12" wide, 1.5 inch deep)
5. Whisk the chocolate and peanut butter and pour into the dish, spread evenly
6. Add the remaining rice cirspy nut mixture evenly over the chocolate
7. Pat down with flat base bowl or clean hands and refrigerate to set.

Check out their recipe book - visit www.greencuisine.com

ALLERGY INFORMATION: Contains peanuts and any other nuts you may use. Ensure you check with the person for their nut allergies.