



ألواح رايس باف بالفول السوداني الصحية بدون خمير

3-2 • دقائق

إن هذا المكون يحتوي على 5 جرامات من السكر الطبيعي من Magdalena Roze. هذا المكون لا يحتوي على أي مواد حافظة أو مواد كيميائية أخرى.



مكونات

مكونات

12

Ingredients

Method

1. المكونات

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- ½ cup of honey
- ½ cup of rice puffs
- 1 cup of rice puffs
- ⅓ cup of honey
- 2 cups of rice puffs

Method

2. Mix the honey and rice puffs in a large bowl. Stir until the honey is evenly coated on the rice puffs.
3. Press the mixture into a greased 9x9 inch pan. Press down firmly to compact the mixture. Cut into squares.
4. Bake for 5 minutes in a preheated oven at 175°C (345°F).

Used in this recipe



Manuka Honey

Manuka honey is a natural sweetener that is rich in antioxidants and has been shown to have antibacterial properties. It is a great alternative to sugar in your recipes. (MGO). The higher the MGO, the better the honey is.

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*Vella, G. 2016. 215 pages. CSIRO.

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