





- 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 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. Let it sit for 3-2 hours.
4. Cut into 5 squares and enjoy!

### 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.

Visit [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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