

Cereal Bites



Serves	24
Prep time	15 minutes
Cook time	8 minutes
Total time	23 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1 cup millet rings
- 1 cup rice puffs
- 2 tablespoons quinoa puffs
- 2 tablespoons puffed amaranth
- 2 tablespoons rice bran oil
- 1/3 cup rice malt syrup
- 1 tablespoon carob syrup
- 1 tablespoon rice flour

Directions

1. Preheat the oven to 160°C and grease a baking tray or mini muffin tray.
2. Combine all the cereals and flour in a large bowl and set aside.
3. In a small saucepan over low heat combine the oil and syrups, stirring for a couple of minutes.
4. Add the liquid ingredients to the cereals and stir until completely combined.
5. Place heaped teaspoons of mixture onto the baking tray or in the mini muffin holes.



6. Bake in the oven for 6 - 8 minutes until lightly golden.
7. Allow to cool in the tray completely then store in an air tight container.

Note

Low Chemical / Failsafe, Gluten-free, Dairy-free, Refined Sugar-free

Makes 24.

These cereal bites keep well in an airtight container. They can be eaten as is for a snack or broken up and added to plain cereals at breakfast for a bit of sweetness.

Carob syrup can be purchased or [make your own with this recipe](#). You can also substitute the cereals for any other cereals you would like to use and/or add [dried fruit](#) or [fresh grated coconut](#).