Chocolate / Carob Crackles



Serves	12
Prep time	1 hour, 10 minutes
Cook time	5 minutes
Total time	1 hour, 15 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Birthday Party, Casual Party, Special Occasions

Ingredients

- 80g white Pascalls marshmallows
- 40g unsalted butter
- 1 heaped tablespoon cocoa or carob powder (sifted to remove lumps)
- 2 cups Rice Bubbles

Optional

- Naturally coloured 100s and 1000s

Directions

1. Place the marshmallows, butter and cocoa or carob in a saucepan over low heat. Cook, stirring, until melted.
2. Place the rice bubbles in a bowl, add the marshmallow mixture and 100s and 100s, if using, and stir to combine.
3. Prepare a tray with 12 regular-sized cup cake pans. Spoon the Rice Bubble mixture into cup cake cases and refrigerate for 1 hour to set before serving.



Note

Low Chemical / Failsafe, Very High Amines

Variations:

1. Use cocoa powder if amines are allowed.

2. Use carob powder for a low chemical version.

Originally this recipe had 1 tablespoon of caster sugar added at step one. I have since made the recipe with the sugar and it is still quite sweet.