

## **GF CEREAL & CASHEW MIX**

Gluten Free Dairy Free  
Low Chemical

Makes ~3 cups



### **Ingredients:**

- 1 cup gluten free rice puffs
- 1 cup gluten free Special K
- $\frac{3}{4}$  cup finely chopped raw cashew nuts
- $\frac{1}{4}$  cup buckwheat groats
- 3 Tbsp Nuttelex
- 3 Tbsp pure maple syrup

### **Method:**

- Heat the oven grill
- Line a shallow baking tray with foil
- Place the GF Special K, rice puffs, buckwheat and chopped cashews into a large bowl.
- Place the Nuttelex and maple syrup into a pan and stir over a low heat until combined and comes to the boil.
- Pour this mixture into the dry ingredients and combine well.
- Scatter the mixture onto the prepared tray and place under the griller for a few minutes
- Cool and store in an air-tight container

### **To Serve:**

Put cereal into a breakfast bowl with milk or a calcium fortified milk substitute of your choice