

## **GF POTLUCK NIBBLES**

Gluten Free Dairy Free  
Low Chemical

**Makes ~ 20 bars**

### **Ingredients:**

~6 cups of dry ingredients  
Use your left-over GF cereals and grains

This mix included:

8 rice cakes  
75 g gluten free pretzels  
200g roasted chickpeas (commercial product leftovers)  
1 ½ cups rice puffs  
150g cashews, lightly roasted  
1tsp salt flakes  
500g Rice Malt syrup



### **Method:**

- Grease a 20cm x 30cm baking tray and line it with baking paper, allowing overhang in order to lift the mix out of the pan
- Cut the rice cakes into small pieces
- Crush the pretzels to reduce their size
- Cut the cashews in half
- Combine all the dry ingredients into a heat-proof mixing bowl with the salt
- Place the rice malt syrup into a saucepan on medium heat and bring it to the boil
- Continue to boil the mixture, without stirring, for about 6 minutes, or until a sugar thermometer reaches 140°C.
- Quickly combine the rice malt mixture with the cereal mixture
- Use the back of a spoon to press the mixture into the prepared pan
- Cool to room temperature before cutting into squares to serve
  - Crumbled pieces can still go into school snack boxes
  - Or crumbled pieces could be eaten as a cereal with milk or milk alternative

Squares can be stored at room temperature, in an air-tight container. Place baking paper between layers of potluck nibbles.

NB: I used the commercial roasted chickpeas that also have garlic flavour in them. Most who sampled this did not pick up the garlic flavour, but others found it off-putting in what they perceived to be a sweet treat. You could roast your own chickpeas, but the idea is to use the cereal leftovers in your cupboard that you enjoy and tolerate. Alternatively wash the garlic flavour off and dry the chickpeas before using them.