



MAKE A GREAT PLATE.

Replace sugar with fruit.

Almond Butter Fruit Clusters

These no-bake party treats are gluten free.

INGREDIENTS:

6 tbsp almond butter
2 tbsp honey
¾ cup dried pineapple, diced
¼ tsp salt
2 cups brown rice crispy cereal, gluten free
1 cup shredded coconut
¾ cup dried cranberries

PREP:

1. Combine almond butter and honey in a large nonstick saucepan. Cook and stir over low heat 2 minutes; add pineapple and salt and continue cooking 2-3 minutes. Allow to cool 10 minutes.
2. Gently fold in remaining ingredients. When cool enough, form 1½-inch balls and place on wax paper-lined baking sheet. Chill in refrigerator. These treats will keep covered in the fridge for 1-2 weeks.

NUTRITION:

Makes about 40 cookies. Per cookie: 48 calories • .6g protein • 2g total fat • .9g sat fat • .8g mono fat • .3g poly fat • 0mg cholesterol • 7.3g carbs • 4.9g sugar • .6g fiber • 22mg sodium