



## Create Your Own Sweet Rice Cake Candies + Indulgently Healthy Chocolate Shakes

By Dylan Sabuco

**Prep Time 25 / Cook Time 2 / Serves 4 - 6**

### Shopping List

- FROZEN
- 2 frozen bananas
- DAIRY
- 2 C milk **\*\* (see allergy subs below) \*\***
- PANTRY
- 5 or more puffed rice cakes, unflavored and crispy
- 3/4 C sunflower seed butter, like SunButter brand
- 1/2 C pure unsweetened cocoa powder, dark or regular **\*\* (see allergy subs below) \*\***
- 2 T granulated or brown sugar OR honey
- 1 pinch salt
- 1/2 C chocolate chips **\*\* (see allergy subs below) \*\***
- ADD-INS (choose at least 2)
- 1 C pretzels **\*\* (see allergy subs below) \*\***
- 1 C potato chips **\*\* (see allergy subs below) \*\***
- 1 C coconut flakes **\*\* (see allergy subs below) \*\***
- extra chocolate chips **\*\* (see allergy subs below) \*\***
- 1 C white chocolate chips **\*\* (see allergy subs below) \*\***

1 C dried or freeze-dried fruits

HAVE ON HAND

2 tsp water

2 C ice

## Fun-Da-Mentals Kitchen Skills

**crush:** to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**melt:** to heat a solid food so it becomes liquid, like butter or chocolate.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

Blender (or pitcher + immersion blender)

Measuring cups

Measuring spoons

Tablecloth (optional)

Large bowl

Cutting board

Small saucepan

Wooden spoon

## Ingredients

## Create Your Own Sweet Rice Cake Candies

- 5 or more puffed rice cakes, unflavored and crispy
- 3/4 C sunflower seed butter, like SunButter brand
- 5 T pure unsweetened cocoa powder, dark or regular **\*\* (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder + sugar or honey—more info below)\*\***
- 2 T granulated or brown sugar OR honey
- 2 tsp water
- 1 pinch salt
- 1/2 C chocolate chips **\*\* (for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)\*\***
- Add-ins (choose at least 2):
  - 1 C pretzels **\*\* (for GLUTEN ALLERGY sub gluten-free pretzels)\*\***
  - 1 C potato chips **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
  - 1 C coconut flakes **\*\* (Omit for COCONUT ALLERGY)\*\***
  - extra chocolate chips **\*\* (see above for allergy subs)\*\***
  - 1 C white chocolate chips **\*\* (for DAIRY/GLUTEN/NUT ALLERGY use Enjoy Life brand white chocolate chips)\*\***
  - 1 C dried or freeze-dried fruits

## Indulgently Healthy Chocolate Shakes

- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 2 frozen bananas
- 2 T pure unsweetened cocoa powder, dark or regular **\*\* (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder + sugar or honey—more info below)\*\***
- 2 C ice

## Food Allergen Substitutions

### Create Your Own Sweet Rice Cake Candies

**Dairy:** Check the label of the cocoa powder for dairy ingredients; use pure, unsweetened cocoa powder.

**Coconut:** Omit coconut flakes for optional add-in.

**Chocolate:** For 3 T pure, unsweetened cocoa powder, substitute 3 T unsweetened carob powder + 1 T

granulated sugar or honey. Substitute carob chips for chocolate chips.

**Dairy/Gluten/Nut/Soy:** Use Enjoy Life brand chocolate chips and white chocolate chips.

**Gluten/Wheat:** Substitute gluten-free pretzels.

**Nightshade:** Omit potato chips.

## Indulgently Healthy Chocolate Shakes

**Dairy:** Substitute dairy-free/nut-free milk. Check the label of the cocoa powder for dairy ingredients; use pure, unsweetened cocoa powder.

**Chocolate:** For 2 T pure, unsweetened cocoa powder, substitute 2 T unsweetened carob powder + 1 T sugar or honey.

## Instructions

### Create Your Own Sweet Rice Cake Candies

#### intro

Making candy can take many different forms. I am sure most people reading this already have a favorite candy. This lesson takes a healthier approach to the typically overly sugar-filled treats. Most candies are almost half sugar! Today, you will need only two tablespoons of sugar. That's less than ten percent of our total recipe. You will never notice the absence of sugar because we will balance that with lots of flavor-filled add-ins and toppings to our treats. Your end result should look like a unique kid-made chocolate truffle.

#### measure + mix

In a large bowl, measure at least **5 puffed rice cakes, 3/4 cup sunflower seed butter, 5 tablespoons cocoa powder, 2 tablespoons sugar, 2 teaspoons water**, and **1 pinch of salt**. Mix with a wooden spoon, crushing the rice cakes as you mix.

#### roll + melt

Have your kids roll and squeeze the mixture into tablespoon-sized balls. As they roll and squeeze, they can choose and add ingredients from the add-ins list (see above). Parents, melt **1/2 cup of chocolate chips** over low heat in a small saucepan until fully melted. If the candy mixture is too crumbly, add another tablespoon of sunflower seed butter until the mixture holds together.

#### drizzle + cool + eat

Once kids have rolled out their candies, parents can drizzle a small amount of melted chocolate over the candies. (Use any remaining melted chocolate in the **Indulgently Healthy Chocolate Shakes**, if making, for a bonus bit of chocolatey goodness!) Let the candies cool for a few minutes while everyone works together to clean the room. Then, eat and enjoy!

## Indulgently Healthy Chocolate Shakes

### measure + blend

This drink is simple to make. Measure the following into a blender (or pitcher for use with an immersion blender): **2 cups milk**, **2 frozen bananas**, **2 tablespoons cocoa powder**, and **2 cups ice**. Blend until smooth. Cheers!

## Featured Ingredient: Puffed Rice Cakes!

Hi! I'm a Puffed Rice Cake!

"I'm a round or square disk made of puffed rice! I have a light, crunchy texture and am low in calories. I started out without any seasonings besides salt, but now there are all sorts of flavors and you can top me with anything you like!"

Puffed rice is made by the rapid expansion of steam when heated. It was produced commercially starting in 1904. In the 1970s, the Chico-San company had the idea to make flat, round disks out of it and called them "rice cakes." They were marketed as bread or crackers to which you could add toppings, like cottage cheese, peanut butter, jelly, and fruit.

In the health-conscious 1980s and 90s, rice cakes became much more popular when people sought a low-calorie snack alternative to chips, crackers, and bread.

Puffed rice cakes are often made with whole-grain brown rice but can also use white rice. In addition to salt, you can find rice cakes that include caramel, cheese, chocolate, cinnamon, apple cinnamon, pizza, and spicy chiles. Some have added fruit or nuts.

Try them topped with sliced or mashed avocado, chicken or tuna salad, peanut butter and jelly, hummus and cucumber, sliced tomato with basil and mozzarella cheese, or yogurt with fruit and honey. You can probably think of lots of other combinations!

Puffed rice cakes are low in fiber and have little nutritional value on their own. However, if you replace less healthy snacks that contain more sodium, fat, and calories or add healthy toppings with protein and other nutrients, they can be beneficial to a diet.

They are generally gluten-free, but it is a good idea to check the label to make sure other grains containing gluten, like barley, are not included. Flavored rice cakes may include dairy, chocolate, tomato, or other allergens.