

Healthy Candy

If nuts are a problem for you, try sesame butter or pumpkin seed butter, and use seeds instead of nuts. Recipe is from *Gluten-free, Sugar-free Cooking* by Susan O'Brien. Serves 10.

1 cup	brown rice syrup
1 cup	almond butter
1/4 tsp.	vanilla extract
1/4 cup	chopped walnuts
2 tbsp.	flaxseeds
3 tbsp.	currants

1. Heat brown rice syrup and almond butter in medium-size saucepan, making sure to stir the mixture constantly, otherwise it will burn. Bring to a boil, reduce heat to low and continue to cook for another 5 minutes. Be sure to continue stirring.
2. Remove from heat and add the remaining ingredients.
3. Mix until well blended. Drop onto parchment paper and refrigerate.

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Shopping List

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<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
brown rice syrup	1 cup	_____
almond butter	1 cup	_____
vanilla extract	1/4 tsp.	_____
chopped walnuts	1/4 cup	_____
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