

## Fig and Rice Puff Log

### Ingredients

- 8 soft dried figs
- 1/2 cup almond meal
- 2 tbs almond butter
- 2 tbs honey or glucose syrup
- 1/2 cup white choc bits or finely chopped white chocolate
- Zest of 1 large lemon
- 2 cups of Good Morning Rice Puffs

### Method

1. Use a food processor to mix figs, almond meal, almond butter and glucose syrup/honey.
2. Transfer to a bowl and mix in the white choc bits and lemon zest.
3. Mix in the Rice puffs and roll into 2 or 3 logs using baking paper.
4. Refrigerate and cut into slices when cold.
5. Store in the fridge.

Total prep time 30 minutes.



**No baking required!**