



Rice Puff Trail Mix

Ingredients

- 1 tbs coconut oil
- 1/2 tsp fennel seeds
- 1 tsp curry powder
- 1 chilli finely chopped or
1/2 tsp chilli powder
- 1 handful finely chopped
coriander
- 1/2 cup peanuts or almonds
- 1/2 cup sultanas
- 3 cups Good Morning
Cereals Rice Puffs

Method

1. Heat oil in a wok or frying pan and add fennel seeds and dry spices.
2. Add the chilli and coriander and fry for about 30 seconds.
4. Add the Rice Puffs mix thoroughly while cooking for another 2 to 3 minutes.
5. Allow to cool and store in an airtight container.

Total prep time 15 minutes.
Makes 4 serves.



**Increase the amount and type of
spice to taste!**