

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Peanut Butter Krispy Treats

From www.101cookbooks.com

Makes about 1 ½ dozen treats.

¾ cup unsalted peanut butter

¾ cup maple syrup

1 teaspoon fine-grain sea salt

2 ½ teaspoons agar agar flakes (It is available in small bags at health food stores in ethnic food aisle. It is a sea vegetable that can be used to thicken puddings, custards, or in this case, to give the peanut butter and maple syrup mixture some binding power.)

4 cups unsweetened crisp brown rice cereal (be sure not to use puffed rice cereal)

¾ cups pistachios, toasted and chopped

Line two muffin tines with about 18 muffin/cupcake wrappers, and set aside.

Combine the peanut butter, maple syrup, salt, and agar flakes in a large saucepan over low heat and stir constantly until smooth, hot, melted and bubbling just a bit. Add the cereal and ½ cup of the pistachios and stir until well coated. Spoon two heaping tablespoons of the mixture into each muffin wrapper and press into place with the back of a spoon. (Alternately, if you want krispy squares, you can transfer it to an 8x8-inch baking dish). Sprinkle with the remaining pistachios and refrigerate until completely cool (this also helps the agar set).