

VALENTINE HEART SWEET TREATS

NOT FOR PUPS



INGREDIENTS

- 6 CUPS OF VEGAN CRISPY RICE CEREAL
- 6 TABLESPOONS OF COCONUT OIL
- ¼ CUP OF OAT /ALMOND MILK
- 1 TEASPOON OF VANILLA EXTRACT
- 1 LARGE BAG OF MINI VEGAN MARSHMALLOWS
– 2 BAGS IF YOU LIKE EXTRA GOOEY (WE DO!!)
- RED AND PINK SPRINKLES



DIRECTIONS

- 1 OVER LOW HEAT MIX THE COCONUT OIL, AND MARSHMALLOWS IN A SAUCEPAN UNTIL ALL OF THE MARSHMALLOWS ARE MELTED.
- 2 ADD THE OAT /ALMOND MILK AND VANILLA ESSENCE AND MIX WELL.
- 3 REMOVE FROM THE HEAT AND ADD THE CRISPY CEREAL AND SPRINKLES AND MIX UNTIL WELL COATED.
- 4 USING A SPATULA, SCRAPE THE MIXTURE INTO THE PREPARED BAKING SHEET, THEN GENTLY PRESS IT DOWN.
- 5 LEAVE TO COOL FOR 30 MINUTES, THEN USE A LIGHTLY GREASED COOKIE CUTTER TO CAREFULLY CUT OUT YOUR SHAPES. YOU CAN MIX THE LEFT-OVER MIXTURE TOGETHER AND CONTINUE TO CUT OUT SHAPES.
- 6 LET SET THEN SHARE WITH YOUR LOVED ONES ...JUST NOT YOUR DOGS.

UTENSILS

MIXING BOWL & SPOON/SPATULA
MEASURING CUP
MEASURING SPOON
SAUCEPAN
BAKING SHEET LINED WITH PARCHMENT PAPER
HEART SHAPED COOKIE CUTTER