

## Honey Nut Quick Munch

¾ Cup	organic smooth or crunchy peanut nut butter
½ Cup	raw unfiltered honey
¼ teaspoon	Celtic sea salt, fine ground
1 Tablespoon	organic coconut oil (Omega Nutrition - see below)*
4 Cups	organic rice, or corn, or granola cereal or cereal of your choice
½ Cup	organic chopped peanuts, almonds etc. (Optional)

Combine the cereal and chopped nuts in a large bowl.

In a medium sauce pan, bring honey to a good boil over medium heat. Stir in the peanut butter, salt and coconut oil, and bring back to a boil stirring constantly - mixture will burn if not stirred!

Pour over the cereal and chopped nuts.

Pour onto a cookie sheet lined with buttered parchment paper or wax paper or you can press mixture into a buttered 8x8 or 9x13 pan using a spatula or spoon. Mixture will be HOT.

Let cool completely. Cut or pull apart. Store leftovers (Huh!) in an air tight container.

### **Substitutions:**

Honey - you can sub maple syrup grade B

Peanut butter - almond butter, cashew butter, macadamia nut butter, coconut nut butter

Cereal - pop corn

Note on amount of cereal: Using 5 cups of cereal is more economical and gives you a lower cereal carb hit per serving. Using 4 cups cost a bit more but you get a much more nut buttery flavor, and of course more cereal carbs per serving.

\* **Omega Nutrition 100% Organic Coconut Oil.** [www.omeganutrition.com](http://www.omeganutrition.com)

This is the only coconut oil I have found without a coconut flavor, which is fine in some recipes, but not this one.