

## THE WAY TO SHRED

# Musashi Shred Rice Bubble Slice



Nutritionals	Per serve
Energy	100Kcal/ 420kJ
Protein	2g
Carbohydrates	6g
Fat	8g

### Ingredients (serves 12)

- 60g rice bubbles
- 20g coconut oil
- 30g sugar free marshmallows
- 34g Musashi Shred and Burn Chocolate Protein Powder
- 40g cooking chocolate
- 20g dried cranberries
- 2 tsp malt syrup

### Method

1. Using a heat proof bowl melt the coconut oil and chocolate together over a pan of boiling water.
2. Once melted gently mix the melted mixture over the rice bubbles and add marshmallows and dried cranberries.
3. Drizzle 2 teaspoons of rice malt syrup over the mixture and combine.
4. Line a baking tray with baking paper and place the mixture evenly across the baking tray and level.
5. Place into the fridge for 30-minutes to set.
6. Cut into desired serving sizes.

**Tip:** This recipe can be made in advance and stored in the fridge for snacks for up to 4 days.