

FEEL LIKE A KID

Serves: 6 • Serving size: 1



PREP: 5 minutes

COOK: 75 seconds + 15 minutes setting time

# CHOCOLATE Crunch Ring

1¼ cups semisweet chocolate chips  
1 tbsp. refined coconut oil  
1½ cups rice cereal

1. In the base of the 2-cup/500 mL Micro Pitcher, place chocolate chips and coconut oil. Microwave on high power 75 seconds, stopping halfway to stir.
2. Add rice cereal and mix well until fully coated.
3. Divide mixture evenly between Silicone Ring Form and pat down with spatula to flatten.
4. Place in fridge or freezer to set for 15 minutes. Invert, cut if desired, and serve.

Nutritional Information (per serving):

Calories: 290 Total Fat: 16g Saturated Fat: 10g Cholesterol: 0mg Sodium: 70mg  
Carbohydrates: 38g Fiber: 4g Sugar: 27g Protein: 4g Vitamin D: 0% Calcium: 0%  
Iron: 8% Potassium: 0%

date  
me

Tupperware®



TO DEMO



Silicone Ring Form



Micro Pitchers

OPTIONAL



Small Silicone  
Spatula



Measuring  
Spoons



Measuring  
Cups