



OREO RICECAKES

for +- 20 cakes

INGREDIENTS

- 500 grams of risottorice, uncooked
- 800 mls of water, bottled, generic (800 g)
- 4 tbsps of oil, coconut (54 g)
- 2 tps of spices, cinnamon, ground (5 g)
- 3 unsifted tbsps of sugars, I use coconut blossom sugar (24 g)
- 250 grams of full fat soft cheese (philadelphia type)
- 88 grams of oreo (8 biscuits)
- 100 grams of sweetener, syrup, agave

COOKING METHOD

- 1° Preferably use ricecooker
- 2° boil the rice in water with coconut oil, cinnamon and sugar, until rice has taken up all the water, stir in between to make sure all ingredients are mixed up well
- 3° Mix the Philly through the warm rice, then mix in the agave Crumble the Oreos, and mix them in the rice.
- 4° Put the mix in a ziplock bag (freezer bag) 3L Make sure the mix is spread out over the bag and make it flat (I use a book for it) Put it flat in the fridge for a night
- 5° Cut open the bag, and cut the rice in equal squares of 5cm x 5 cm ready to wrap, and ride!

NUTRITIONAL INFORMATION

| | PER 100 g | % DRI |
|------------------------------|-----------|-------|
| ENERGY | 214 kcal | 11 % |
| PROTEIN | 3 g | 6 % |
| CARBOHYDRATE | 31 g | 12 % |
| SUGARS | 5 g | 6 % |
| FAT | 8 g | 12 % |
| FATTY ACIDS, TOTAL SATURATED | 5 g | 25 % |
| FIBER | 1 g | 4 % |
| SODIUM | 47 mg | 2 % |