

Brown Rice Crispy Bar

Recipe courtesy Alton Brown, 2005



Recipe Summary

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 9 minutes

Yield: 24 (2-inch) squares

User Rating: ★★★★★

3 ounces puffed brown rice, approximately 6 cups
3 tablespoons flax seed oil, plus extra for the pan
1 tablespoon orange blossom honey
7 ounces mini marshmallows, approximately 4 cups
3 ounces toasted slivered almonds, approximately 3/4 cup
1 1/2 ounces coarsely chopped dried cranberries, approximately 1/3 cup
1 1/2 ounces coarsely chopped dried cherries, approximately 1/3 cup
1-ounce dried blueberries, approximately 1/3 cup

Lightly coat the inside of a 13 by 9 by 2-inch metal pan with oil and set aside. Preheat the oven to 425 degrees F.

Spread the brown puffed rice evenly on a sheet pan. Toast in the oven for 4 minutes, stirring occasionally. While the rice is toasting, prepare the marshmallow mixture.

Place the oil, honey, and marshmallows in a large mixing bowl set over a pot of gently simmering water. Stir until the marshmallows are melted, approximately 4 to 5 minutes. Once the marshmallows are melted, quickly add the toasted brown rice, almonds, and fruit and stir to combine. Coat your hands or a spatula with oil and spread the mixture evenly into the pan. Once the mixture has cooled completely, cut into squares and store in an airtight container for 1 to 2 days.

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