

# Virginia's PLANTLIFEFORWARD

## Recipes

### Raisin Nutbutter Rice Cakes

4 Rice cakes

Nutbutter of your choice (almond or sunflower seed)

Raisins

1 butter knife

1 Tablespoon

Place rice cakes onto a counter or plate.

Take butter knife and spread nutbutter on top of rice cakes, until spread to edges.

Spread 1 Tablespoon of raisins on top of nutbutter on top of rice cake

Cut in half.

Enjoy.

### Chocolate coconut currant goji berries rice cakes

1 pan

1 wooden spoon for stirring

1 Tablespoon Virgin organic coconut oil

1 bar of organic chocolate

½ cup of organic goji berries

½ cup of currants

8 rice cakes

Parchment paper

In pan, on medium heat, place coconut oil and chocolate bar until chocolate is melted with coconut oil.

Stir in goji berries and currants until well covered with chocolate and coconut oil mixture.

Remove pan from stove and place on heat resistance surface.

Lay rice cakes on parchment on top of counter.

With wooden spoon, scoop out chocolate coconut goji berries and currants mixture onto each rice cake.

Let cool about 5 minutes.

Cut Chocolate coconut currant goji berries rice cakes in half.

Enjoy!