



Maple Puffs



9 1-cup servings



10 minutes



325 degrees

INGREDIENTS

6 oz bag of Kamut Puffs
80g Maple syrup
pinch of salt

DIRECTIONS

1. In a large bowl combine the Kamut Puffs, syrup and salt. Toss well, using the back of a spatula to spread the syrup and ensure even coating.
2. Line a baking sheet with parchment paper and spread the puffs across it in an even layer, making sure they touch as little as possible. They will stick together so make sure they are spread out.
3. Bake on convection at 325 for 5 minutes. The cereal will still be soft when taken out but will crisp up as it cools.
4. Cool completely and store in an airtight container.

I buy Nature's Path Organic Kamut Puffs through Azure Standard because they are cheaper but they are also available on Amazon.

Alternatively you can use Puffed Rice for a gluten free option.