



Angela Pifer, MSN  
Certified Nutritionist

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## Desserts and Sweets

### Puffed Rice Cereal Treats

1 tsp. oil  
1 cup brown rice syrup  
2 Tbs. nut butter  
2 teaspoons vanilla  
4 cups dry puffed millet  
4 cups dry puffed rice  
Optional Additions: 1/2 cup nuts/seeds, 1/4 cup carob powder

Put oil in a large pot and heat. Add rice syrup and nut butter. Stir until bubbles form. Turn off heat - add vanilla. Add cereal, mix well with a spatula. Stir in optional ingredients. Press into a 9-by-13-inch pan - with slightly wet hands, press mixture flat. Let mixture set to room temperature. Slice and serve.

### Pear Crisp

1 cup rice flour	2 tbsp. water
1/2 tsp. sea salt	2 tbsp. maple syrup or brown rice syrup
1/4 cup oil	2 tsp. vanilla
1/4 maple syrup	5 cups peeled and sliced pears
1/3 cup chopped cashews	

Preheat oven to 350 degrees F.

Mix flour and salt in bowl. Add oil and sweetener; mix well. Stir in nuts and set aside. In a small bowl, combine water, syrup and vanilla; set aside. Slice fruit and place in a lightly oiled pie pan or an 8" X 8" baking dish. Pour liquid mixture over the fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes more to brown the topping.

### Baked Apple

4 apples, cored  
½ cup pecans or other nuts, chopped  
¼ teaspoon ground ginger  
2 cups apple juice

Preheat oven to 350. In small bowl, mix together pecans, lemon zest and ginger. Place 2 tablespoons of mixture into each apple. Place apples in 9x9" baking pan. Pour apple juice around apples. Bake for approx 45 minutes until apples are cooked thoroughly. Serve with plain yogurt.

Serves 4

### **Rice Pudding**

\* This recipe can be made with cooked leftover rice or uncooked rice

1 cup cooked rice

1 cup rice milk

1 tbsp. maple syrup

1 tsp. vanilla

Place cooked rice in a pan with the rice milk. Heat on medium heat until most or all rice milk is absorbed. Remove pan from heat, add maple syrup and vanilla. Add more rice milk and return to stove if needed. To make this recipe with uncooked rice, add 1 cup uncooked rice with 2 cups rice milk and 1 cup water. Cook like ordinary rice. When rice is cooked, add maple syrup and vanilla. Let sit for 10 minutes.

Carillon Point  
5400 Carillon Point  
Kirkland, WA 98033

425.747.5282  
[www.NutritionNorthwest.com](http://www.NutritionNorthwest.com)  
[Office@NutritionNorthwest.com](mailto:Office@NutritionNorthwest.com)

Lake Union Wellness  
235 Westlake Ave N  
Seattle, WA 98109