

Asteroids

Ingredients:

- * 1 cup brown rice syrup
- * 1/2 cup almond butter
- * 1/2 cup grain-sweetened chocolate chips
- * 3 cups Rice Krispy Brown Rice Cereal
- * 1/2 cup chopped walnuts



Directions:

Heat syrup, butter and chips over low heat until blended and smooth. Remove from heat and stir in rice cereal and walnuts. Form into balls and put on waxed paper till cool.

Foods that are high in fat and low in fiber tend to boost the hormones estrogen and testosterone that promote some cancers.

