

A Recipe From Gay Bauer - SCD Veteran

CRISPY TREATS

Made From Pork Rinds!

Pork Rind “Rice” Crispy Treats

CHEWY WITH A LITTLE CRUNCH, THEY'RE SWEET AND FILLING.

1 package legal pork rinds with salt only
1 c. honey
1 egg white
1 tsp. legal vanilla
1/4 c. salted butter
Cinnamon (optional)

Snip a small hole at the top of the pork rind bag to let the air out. Smash the pork rinds with a rolling pin. Pour into a large mixing bowl and set aside. (I must warn you that my kids told me the pork rinds don't smell very great at this point, but look past that and keep going! They're going to taste great and lose that odor soon!)

Butter an 8x8" baking dish and set aside.

Beat the egg white in a small bowl until frothy; set aside.

Boil the honey over medium heat for 7-10 minutes, until a small amount dropped into cold water forms a hard ball - 124 degrees. (Warning - watch the honey closely because if it boils over it makes a sticky mess!) Remove from heat.

Add butter (and cinnamon, if using) to the honey after the honey is at the hard ball stage.

Gradually add the honey mixture to the egg white, mixing well. Add vanilla slowly.

(continued, right)

A great recipe from Gay Bauer, founder of the SCD website scdiet.net that can really fill your Rice Crispy Treat craving!



“Rice” Crispy Treat

Whip until stiff.

Stir honey mixture into the pork rinds and stir well. Spread evenly in your prepared baking dish and cool. Cut into squares and enjoy!

Cover with plastic wrap, or stretch out the yumminess by putting the squares in a ziplock bag in the freezer for later.