



Rice Cakes - ideal energy when cycling

These rice cakes are a Great Britain Cycling Team and Team Sky staple and have been proven on the world's toughest bike races. Servings: 30 small squares | Kcals per serving: 97 | Carbs per serving: 17g | Fat per serving: 3g | Protein per serving: 1g

Serves: 30, Prep time: 10:00, Cook time: 00:30

Instructions

Method

1. Cover the rice with the water and cook. Add the cinnamon for flavour and some sugar if you want additional sweetness.
2. Follow your specific brands instructions but, by the end, almost all of the water should have been absorbed. Using a rice cooker is easiest.
3. While the rice is still hot, stir in the cream cheese, the agave nectar or honey and, if you choose to add it, the coconut oil.
4. Mix well and then spoon out onto a flat tray. If you want to add jam, spoon out a 1cm deep base, spread the jam over the

Ingredients

- 500 grams Rice, white, Risotto or short grain pudding rice (1 lb 1.5 oz)
- 1 litres Water (34 oz (U.S.))
- 1 pinch or to taste Cinnamon, Gorund, pinch
- 300 grams Cheese, Cream (10.5 oz)
- 1 tablespoon Honey, Or agave nectar
- 1 tablespoon Coconut oil

top and then spoon the rest of the mixture on top to cover it.

5. Compress well, wrap in cling-film and, once cool, leave overnight in the fridge. 6. Cut into small squares, wrap individually in foil and enjoy! You can freeze the rice cakes so you should always be able to have a good supply.

Optional extras: Honey Greek yoghurt
Fruit Pistachios

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