

# Lemon Strawberry Puppy Chow made with essential oil (Gluten free!)



Puppy chow is one of our family's favorite special treats. It's great for camping or large parties. It's also gluten free! I have been playing around with different recipes, adding and taking out ingredients. This one contains no peanut butter, the staple in a traditional puppy chow. I added Trader Joe's freeze dried strawberries to make it a bit more healthy. I also incorporated essential oils. Cooking and baking with them has been an adventure. A very yummy adventure!

I made this Lemon Strawberry Puppy Chow for OC Family magazine's Art Director Monica Garrett's baby shower. It turned out ... if I do say so ... delicious!

## Ingredients:

- 8 c. Rice Chex cereal
- 1 c. white chocolate chips
- 4 drops lemon essential oil
- $\frac{1}{4}$  c. butter
- $1\frac{1}{2}$  c. powdered sugar
- 2 c. Trader Joe's Freeze Dried Strawberries

Melt white chocolate and butter in a microwave-safe bowl using 30 second intervals (about 2 minutes total) until smooth. White chocolate doesn't tend to get as smooth as dark chocolate, but it should be creamy.

Add 4 drops of lemon essential oil. (DoTerra.com) If you don't

have essential oil you can use 4 drops lemon extract.

Pour Rice Chex into a large bowl. Then fold in white chocolate mixture.

Add powdered sugar to a large Ziplock baggie.

Add the Rice Chex, zip up bag and mix it all together until the powder sugar coats the Chex.

Pour onto large, parchment paper lined cookie sheet to cool.

I like to keep my puppy chow in the fridge until we're ready to enjoy it, but it doesn't need to be refrigerated.

Add strawberries when ready to serve.

Enjoy!