

#PIMPMYRICECAKE

DELICIOUS RICE CAKE COMBINATIONS



Rice cakes are like crunchy clouds of carbs. Some hate them because they're so plain, but that's what's so great about them: they can be combined with anything to transform into a wonderful snack! Here's some tasty combinations for you to try!

IF YOU'RE CRAVING SOMETHING SALTY OR SAVOURY:

CREAMY 'CADO: sliced avocado, Mrs. Dash Extra Spicy seasoning, Himalayan sea salt

(photo inspiration: @dietitiandeanna)

PIZZA INSPIRED: pizza sauce, deli ham, shredded cheese *(broil in the oven for that delicious outer crispiness!)*

(photo inspiration: @healthy_kelsey)

CUKES ON CAKES: cream cheese, sliced cucumber, sea salt

SIMPLE EGG: simply, just a sunnyside-up egg!

'KETCH OF THE DAY: canned tuna, ketchup (optional cheese on top)

CAKES FOR BREAKFAST: runny egg, sliced meat, cheese slice, arugula, Frank's Red Hot buffalo sauce

(photo inspiration: @theallycatchow)



IF YOU'RE CRAVING SOMETHING SWEET OR CHOCOLATEY:

COCONUTTY: cocoa powder and protein powder mixed together, shredded coconut

FUNKY MONKEY: plain Greek yogurt, chopped banana, sliced strawberries, dark chocolate chunks, nut butter drizzle

(photo inspiration: @dietitiandeanna)

CRUNCHY 'NANAS: crunchy peanut butter, sliced bananas, cacao nibs

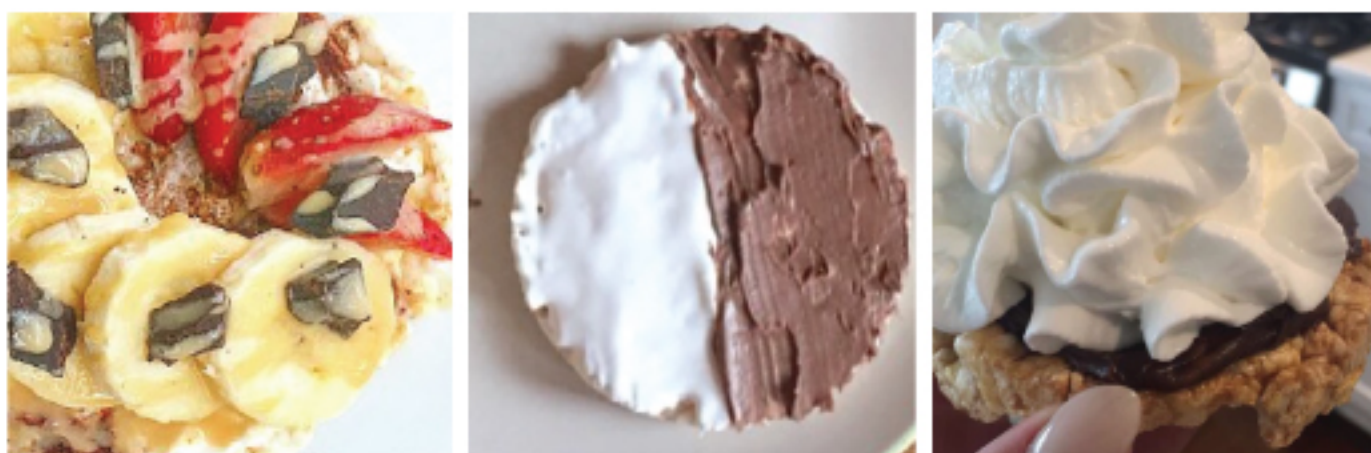
SMORES: Nutella, marshmallow fluff spread

(photo inspiration: @georginastanway)

NOSTALGIC PB+J: your childhood favourite: peanut butter and jam!

CARAMEL COOKIE WHIP: cookie butter swirl, fat-free Reddi whip (use a caramel corn rice cake for this one!)

(photo inspiration: @jameyfitmomof4)



Looking for more inspiration? Search **#pimpmyricecake** on Instagram for more endless combinations!

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Courtney on social media!

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