

Chia, Walnut & Date Slice

Ingredients

150g rolled oats
90g walnut halves
35g shredded coconut
45g chia seeds
1 tsp ground cinnamon
1 tbsp unsweetened cocoa powder sifted
2 tsp natural vanilla extract
425g pitted dried dates chopped

Method

Combine all the ingredients except the dates in a food processor until finely chopped. Keeping the processor running add the dates gradually until wet hands take mixture out and press into 20cm mixture starts to comes together. With clean cake tin, smoothing the surface with the back of a metal spoon. Once chilled cut into slim treat size slices.

a doddle to make & keeps for up to two weeks in the fridge