

Chia, date & walnut slice

Makes 20 slices

Preparation time: 10 minutes (+ chilling)

Cooking time: Nil

Makes: 16 wedges

150g (1 1/2 cups) rolled (porridge) oats
90g (3/4 cup) walnut halves
35g (1/2 cup) shredded coconut
45g (1/4 cup) chia seeds (white or black)
1 teaspoon ground cinnamon
1 tablespoon unsweetened cocoa powder, sifted
2 teaspoons natural vanilla extract
425g pitted dried dates, chopped
Pure icing sugar, to serve

1 Place the oats, walnuts, coconut, chia seeds, cinnamon, cocoa and vanilla in a food processor and process until all the ingredients are finely chopped.

2 With the motor running, start adding the dates a few pieces at a time, until all the dates are added and mixture is starting to come together. Use clean hands to bring it together completely, adding 1-2 teaspoons of cold water if necessary.

3 Press the mixture evenly into a 20cm (8 inch) cake tin, smoothing the surface firmly with the back of a metal spoon. Cover and refrigerate until ready to serve.

4 To serve, dust with icing sugar and cut into thin wedges.

Tip: this slice will keep, covered with plastic wrap, in the refrigerator for up to 2 weeks.

Note: this slice is easy to make, wheat free and satisfies sweet cravings, making it the perfect snack or after dinner treat with coffee.

Tags: wheat free, dairy free, vegetarian

Cal: 179 (753kj)

Protein: 3.1g

Fat: 7.1g

Sat fat: 1.6g

Total carbs: 24.2g

Sugars: 18.0g

Fibre: 5g