



HealthMap
Gut Health Professionals

CHOCOLATE PREBIOTIC GUT LOVE SLICE





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INGREDIENTS

- 250g x pitted prunes, or dates (or a 50/50 mix)-if you soak them in warm water for an hour or so they are much easier to boil down later.
- 50g x dried cranberries-can soak if you want.
- 1 Tbs x Kfibre
- 2 Tbs x coconut oil
- 2/3 cup x nut butter
- 2 Tbs x of honey/syrup- I use Barley Malt syrup as it is low GI and not as sweet as honey.
- 1 cup x of mixed unsalted (chopped up a bit in the food processor) nuts and seeds - you choose the mixture
- 1 cup x of puffed brown rice
- ¼ cup x of pepitas
- 200 g x dark chocolate (80% or higher)

PREP TIME: 20 MIN

COOK TIME: 0 MINS

TOTAL TIME: 20 MINS

SERVES: DEPENDS HOW MUCH YOU
EAT FIRST!

DIRECTIONS

- To start, soak your prunes/dates/cranberries in warm water first while you get everything else ready. It's also a good idea to get your unsalted mixed nuts and put them through the food processor quickly to break them up a bit. You don't want them to turn to flour, just big chunky bits. This helps the slice stay together better as the nuts in their whole form can make it less firm and crumblier. You may prefer crumbly but try both and see what you think.
- Mix all the dry ingredients together in a large bowl. Get a tray baking tray ready with baking paper in the bottom. The tray should be around 30cm by 12 cm or a lamington tray. Not too big as you want a nice thick slice 😊.
- To make the sticky base that holds this great slice together put the prunes/dates/cranberries (without the water you soaked them in), coconut oil in a saucepan and stir over low heat to mush them up. You can soak them first as suggested as this will break them up a little before this step and make them easier to mush. You could even run them through the food processor to break them up further if you want. Alternatively, use a potato masher or fork to break them up in the saucepan over the heat. All work well.
- Once the mixture is consistent add the nut butter and syrup, mix and remove it from the heat. Mix this mixture into the dry ingredients and mix well. Press the mixture into a tray and then get the chocolate topping ready.
- Break up all the chocolate into squares. Use a bowl, or another small saucepan, over a boiling saucepan of water to melt the chocolate in. Stir constantly until all the chocolate melts but don't overcook it. Pour it all over your base and smooth it out then put it in the fridge for a couple of hours. This slice can then be sliced up in bite-size pieces and frozen for future treats.