

# GUT NUT SLICE



## INGREDIENTS

- 1 cup x raw cashews
- 1 cup x uncooked rolled oats
- 8 X dried plums or pitted dates or if you prefer
- 1/2 cup x brown sugar
- 1 TBS x rice malt syrup
- 1/2 cup x coconut oil
- 1 TBS x extra virgin olive oil
- 2 TBS x almond meal
- 3/4 cup x wholemeal self-raising flour
- 1/4 cup x Kfibre
- 1 cup x shredded coconut
- 250g block of >70% dark chocolate

## METHOD

1. Turn your oven on to 180C and get ready a slice tray lined with baking paper.
2. Use a food processor to process the cashews, plums and sugar. Once it looks nice and chunky mix in the rice malt syrup and oils.
3. Transfer mixture into a large bowl and mix in the flours and coconut.
4. Once mixed, press the mixture into the lined tray and bake until golden brown. This may take around 20 mins depending on your oven so watch that it doesn't overcook. Let the slice cool completely before the next step.
5. Melt the lovely dark chocolate and drizzle over the slice.

This is a great slice to freeze for snacks and lunches but it doesn't last long :). This slice has a number of prebiotics that will feed your gut bugs including the dark chocolate, oats, Kfibre, flour, almond meal, dates and the cashews. All up there's approximately 5g of fibre/100g and around 6g of protein/100g. This should make up to 12 pieces if you are very generous.