

Super Food Slice

DF EF

Yields 18 bars

Preheat your oven to 165degC

In a mixing bowl place

2 1/2 cups oats (if needed use GF oats)

1 cup chopped dried fruit- eg Sultanas, raisins, Currants, apricots, Paw Paw

2/3 cup coconut (desiccated or shredded)

2tbsp Chia seeds

3tbsp Sunflower seeds

3tbsp Pepitas

2tsp powdered ginger

2tsp cinnamon

200g sultanas

2tbs honey or Pure Maple Syrup

2tbs flaxseed meal



Method

In a blender- blend

2x over ripe bananas (med size)

200g pitted prunes

200g softened pitted dates (I put them into a bowl with a splash of water and microwave for 60secs)

Add blended mix to oat mix.

Press into a lined slice tray and bake for 30-40 mins

The longer you bake the firmer the slice- I like it a bit chewy :)

Slice when warm- then devour once cold xx

I add other things to this slice and omit others depending on what I have on hand and what I feel like.

As a base I use the oats and the blend mix- from there you can add in flavours that you like!

You can even swap out prunes for more softened dates if you want.

I normally cut 18 pieces from a tray. They're a great little snack.

Happy baking xx