

# Simply Raw Choc Almond Slice

This treat fits perfectly with the healthy lifestyle you're aiming to achieve. And, as a bonus, it's a healthy and super-yummy alternative to cake in kids' lunch boxes too. Perfect for an occasional treat, this raw slice can be made in just 10 minutes. You can buy toasted almond meal (ground almonds) or pop it in the frying pan and toast it yourself. Even though this is not essential, it brings out the almond flavour. With the added dark chocolate on top, the kids think they are eating a chocolate bar. What a sneaky way to indulge in a healthy treat.

## MAKES ABOUT 20 SQUARES

### What's in it?

- 1 cup (100g) almond meal (ground almonds), toasted briefly in a frying pan
- 1 cup (130g) almonds, soaked in water overnight
- 5 dried pitted medjool dates
- ¼ cup (55g) tahini
- ¼ cup (50g) coconut oil, melted
- 1 tbsp rice malt syrup
- 1 tsp vanilla paste

### Topping

- 85g dark, 70 per cent cocoa solids chocolate, melted

Line a 20 x 20 x 2.5cm square (or similar sized) tin or plastic container with baking paper.

Put the almond meal, soaked almonds and dates into a food processor and blitz until the almonds become fine and are mixed with the almond meal. Add the tahini, coconut oil, rice malt syrup and vanilla paste. Blitz again until the ingredients combine and clump together.

Remove and press evenly into the prepared tin, then freeze for approximately 2 hours or until set.

Meanwhile, melt the chocolate in a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. When fully melted, spread the chocolate evenly onto the almond base, then return to the freezer to set. Once set, remove from the tray and cut into small squares. Store in an airtight container in the freezer for up to two weeks (if you can resist them for that long!).

### Tips

*Line the tray with glad wrap/clingfilm: the base will lift out super-easy when removed from the tray.*

