

COCONUT, ALMOND & FRUIT SLICE

Ingredients

- 1 cup ground almonds/ almond meal
- 1 cup desiccated coconut
- 2 tablespoons arrowroot (or other flour)
- ¼ cup rapadura sugar
- 50g currants
- 50g cranberries
- 50g roughly chopped pecans or walnuts
- ½ teaspoon of bicarb soda
- 60g butter
- 1 small egg, gently beaten

Method

- 1) Mix almond meal, coconut, arrowroot & bicarb in food processor.
- 2) Mix in dried fruits & pecans.
- 3) Add butter and mix/pulse until consistency of breadcrumbs
- 4) Add egg and mix until sticky and well combined.
- 5) Press mixture into a greased/lined slice tray.
- 6) Bake in moderate oven about 20 mins until golden and set.
- 7) Remove and allow to cool before cutting into squares.

NB: I like to use crispy nuts (soaked and dehydrated) for additional nutrients and digestibility. You can also try using hazelnuts or macadamias for variety.

