



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

Raw Cocoa Fruit & Nut Slice

Add the following ingredients to a food processor one at a time and chop/blend until smoothly combined

- 1 cup raw macadamia nuts (or other nuts)
- 1/2 cup raw cashews
- 1 cup LSA (linseed, sunflower & almond meal)
- 1 tablespoon chia seeds & sesame seeds
- 1 cup natural sultanas
- 1 cup coconut
- 16 pitted prunes or figs
- 10 fresh dates
- 1 tsp natural vanilla essence
- 1/2 cup raw cacao powder
- 1 Tbsp cold-pressed coconut oil

Press into slice tray and refrigerate.

Cut into squares and store in fridge.

