

Fruit & Seed Slice

As served by Sarah at a High Aspirations event

INGREDIENTS

150g (1 cup) brazil nuts
160g (1 cup) almonds
160g (1 cup) pitted dates
7 dried figs
40g (¼ cup) chia seeds
Grated zest of 1 orange
Juice ½ orange
75g (½ cup) sunflower seeds
75g (½ cup) pumpkin seeds
1 tbsp finely chopped rosemary
3 tbsp cacao nibs

METHOD

Combine all ingredients in a food processor and blitz until they start to come together as a batter. You may need to add a little more orange juice, 1 T at a time.

Spread onto a baking tray lined with baking paper and press out evenly. Smooth over with a spatula so that it's nice and flat.

Leave in fridge for at least 1 hour or overnight. Lift off the tray and cut into 16 snack size pieces.

Store in airtight container in freezer for up to 3 months.

