

Divine Cherry Slice

As served by Sarah at a High Aspirations event

INGREDIENTS

1 ½ cups pitted cherries
1 cup shredded coconut
4 T chia seeds
4 T coconut oil
120 g dark chocolate (85% cocoa)
2 T coconut flour

METHOD

Place all ingredients except chocolate and coconut flour into food processor and blitz until well combined.

Line a square pan with baking paper and spoon mixture in, smoothing it with a spatula. Store in the fridge while melting chocolate.

Melt chocolate, pour over mixture then put back in fridge to set.

When ready to cut up, dust a chopping board with the coconut flour and place the slice on this – it gives a slightly cakey base. Cut slice with hot knife to avoid cracking the chocolate and go slowly.

Note: You can use fresh, frozen, tinned or jarred cherries however be aware that even if you buy pitted cherries there can be little bits of pits left. When I make this again I think I will use fresh cherries if possible and so ensure no hard bits get in the slice.