

Prune Coconut and Cinnamon Bars



This weeks Recipe has been inspired by an old Donna Hay recipe. With just a few tweaks we made this delicious snack bar, full of protein and fibre, and a most enjoyable way to eat to prunes.

Ingredients:

- 1 cup of prunes, pitted
- 8 large fresh Medjool dates, pitted
- 1/4 cup LSA
- 1/4 cup pea protein powder
- 1 teaspoon ground cinnamon powder
- 2 tablespoons of tahini (we used unhulled but either is fine)
- 1 1/2 cups of shredded coconut
- 2/3 cup roasted organic brazil nuts (chopped)
- 1/2 cup of IF sunflower seeds
- 1/4 cup sesame seeds (toasted)
- 1 tablespoon organic chia seeds

Method:

1. Place the prunes, medjool dates, LSA, pea protein powder, cinnamon, tahini and one cup of the shredded coconut into your food processor and whiz for around 2 minutes or until the mixture has come together smooth.
2. Transfer this mix to a large mixing bowl and add the roasted chopped brazil nuts, sunflower seeds, toasted sesame seeds and chia seed and mix well to combine.
3. Press the mixture into a lightly greased 20cm square baking tin lined with non-stick baking paper.
4. Top with the remaining coconut pressing down to secure.
5. Refrigerate for up to one hour and then remove and cut into slices ready to serve.

Gluten Free | Dairy Free | Vegan | Refined Sugar Free