



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Makes: 16 slices

INGREDIENTS

- *JAM*
- 1 cup blueberries (frozen and thawed)
- 2 tbsp chia seeds
- 1 tbsp honey
- *TOPPING*
- 2 cups coconut, desiccated
- 1 egg
- 1/4 cup honey

BLUEBERRY COCONUT SLICE



- *BASE*
- 1 1/2 cups almond meal
- 1/4 cup coconut flour
- 1/4 cup coconut oil
- 1 egg
- 1 tbsp honey

METHOD

- Preset oven to 160°C (320°F).
- *JAM*
- Make jam firstly by blending berries, then stir in chia seeds and honey and stand 15 minutes, stirring several times between.
- (If you have jam already, that is suitable, and omit this step)
- *BASE*
- Mix almond meal and coconut flour in a bowl.
- Add melted coconut oil, egg and honey, and stir well.
- Press into a lined 20cm (8") dish.
- Bake for 5 minutes, and remove from oven.
- *TOPPING*
- Combine coconut, egg and honey in a bowl.
- Stir jam and spread over cooked base.
- Spoon topping over jam, pressing firmly.
- Bake in oven for 20-25 minutes more.
- Remove and leave in dish to cool.
- When cool, cut into slices.