



## APPLE AND PECAN SLICE

### **ALLERGIES:**

No grains  
No dairy  
No gluten

**Prep time:** 10 mins

**Cook time:** 30 mins

**Serves:** 8-10

### **INGREDIENTS**



- 1 cup almond meal
- 2 tbs arrowroot flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp pink rock salt
- 1 tbs natvia or sugar substitute
- 1/4 cup coconut oil

- 1 egg
- 1 tsp vanilla essence
- 2 apples, peeled and finely diced
- **TOPPING**
- 1/2 cup pecans, chopped roughly
- 1 tbs natvia, or preferred sweetener
- 1/2 tsp cinnamon

### **METHOD**

- Preset oven to 180°C (350°F).
- Line an ovenproof dish, 20-24cm square, with baking paper.
- In a large bowl, combine all slice dry ingredients and stir well.
- In a separate bowl beat coconut oil (melted), egg and vanilla.
- Stir dry ingredients into wet ingredients.
- Gently stir in apples and pour mixture into prepared dish.
- Sprinkle pecans over the top.
- In a bowl, combine topping natvia and cinnamon and sprinkle over pecans.
- Bake in oven for 20-25 minutes, until inserted skewer comes out clean.
- Cool on wire rack, cut into squares and serve.