



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 15 mins

Cook time: 30 mins

Serves: 6-8

INGREDIENTS

- *BASE*
- 3 tbsp coconut oil
- ¼ cup rice malt syrup
- ¾ cup almond meal
- 1 cup coconut, shredded, unsweetened
- 1 egg white (save yolk for filling)
- pinch pink rock salt
- 4 eggs and extra yolk
- ½ cup rice malt syrup
- juice of 1 lemon and 1 lime (small)
- zest of 1 lemon and 1 lime (small)
- ½ cup almond meal

METHOD

- Preheat oven to 180°C (350°F).
- Line a 23cm x 12cm loaf tin with baking paper
- In a pot over low heat, combine coconut oil, rice malt syrup, shredded coconut, almond meal and salt and mix well.
- Remove from the heat, and stir in the egg white.
- Press mixture firmly into base of prepared tin.
- Bake for 10 minutes and set aside.
- *FILLING*
- Beat eggs and egg yolk in electric mixer until frothy.
- Add all other ingredients and mix a further 2-3 minutes.
- Pour mixture over the base, and bake 20 minutes, until set.
- Cool, refrigerate, then cut into squares and serve with coconut yoghurt.

TANGY LEMON DESSERT

