



## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten

**Prep time:** 20 mins

**Cook time:** Nil

**Serves:** 9-12 slices

## **INGREDIENTS**

### Base

- 1 cup almonds
- 1 cup desiccated, unsweetened coconut
- 10 medjool dates, seeded
- 2 tbsp nut butter
- 3 tbsp cacao powder
- 1 tbsp rice malt syrup
- 1 tbsp protein powder, vanilla flavour
- 1 tbsp coconut yoghurt, natural
- 1 tsp vanilla extract

## **RAW RASPBERRY CHOCOLATE SLICE**



### • Middle

- 125g fresh raspberries
- 1 tbsp nut butter
- ¼ cup rice malt syrup
- ¼ cup coconut oil

### • Topping

- 6 tbsp coconut oil, melted
- 6 tbsp cacao powder
- 2 tbsp rice malt syrup

## **METHOD**

- Line a 20cm dish with baking paper.
- Process base ingredients in mixer, and blend on high until sticky.
- Press into base of prepared dish, set aside.
- Place middle ingredients into mixer and blend on medium speed until smooth.
- Pour over base, smooth top and refrigerate.
- Combine topping ingredients into small bowl and mix well.
- Quickly spread over top of slice, as it will set as soon as it is on the cold base.
- Place into the fridge or freezer to complete setting.
- Cut into slices and serve.