



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 20 mins

Cook time: 30 mins

Serves: 20 slices

INGREDIENTS

- 2 grated carrots
- 45g LSA
- 150g pecans, roughly chopped
- 1 cup toasted white sesame seeds
- 1 cup shredded coconut
- ¼ tsp ground cloves
- ¼ tsp nutmeg
- 1 tsp cinnamon
- 1 tsp ground ginger
- ¼ tsp pink rock salt
- 2 eggs (lightly beaten)

METHOD

- Preheat oven to 180°C.
- Line a 20cm x 22cm ovenproof dish with baking paper.
- In a bowl, combine carrot, LSA, pecans, sesame seeds, coconut, cloves, nutmeg, cinnamon, ground ginger, salt, and eggs and mix well.
- In thermomix or saucepan, heat rice malt syrup, nut butter, coconut oil, vanilla extract, lemon juice and ginger and gently, mixing until combined.
- Add carrot mix and protein powder and stir until combined.
- Spoon mixture into prepared dish and spread top.
- Bake for 20-30 minutes until cooked. Cool completely.
- Heat tahini, honey and 125mls water, and stir until smooth.
- Add passionfruit flesh, mix well and pour over top of slice. Chill. Cut into bars.

GINGER AND SESAME SLICE



- 180g rice malt syrup
- 175g nut butter, (any mix)
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- Juice of ½ lemon
- 1 tbsp grated ginger
- ½ cup protein powder, vanilla
- **TOPPING**
- 70g hulled tahini
- 2 tbsp rice malt syrup
- 5 passionfruit