



NO BAKE BAKLAVA

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 10 mins

Cook time: 10 mins

Serves: makes 16-20 pieces



INGREDIENTS

- 100g chopped walnuts
- 150g chopped hazelnuts
- 125g almond meal
- ¼ tsp pink rock salt
- 3 tbsp coconut oil
- ½ cup rice malt syrup
- 1 cup honey
- ½ cup tahini
- 4 tbsp coconut flour
- 1 tbsp vanilla extract

METHOD

- Spray base of deep frying pan with oil, and then lightly roast chopped walnuts, chopped hazelnuts, almond meal, salt and coconut oil until toasted.(10 minutes).
- Stir in rice malt syrup and honey until boiling, remove from heat and cool 5 minutes.
- Place tahini, coconut flour and vanilla extract into a bowl, and mix in nut mixture.
- Spoon mixture into a 30cm square dish (approx) and press to flatten.
- Cool in fridge, cut into triangles and store in freezer to keep shape.