



# OAT FREE ANZAC SLICE

## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten

**Prep time:** 10 mins

**Cook time:** 15-20 mins

**Serves:** 12

## **INGREDIENTS**

- 170g blanched almond meal
- 100g sunflower seeds or any nuts, chopped / crushed
- 70g desiccated coconut, unsweetened
- good pinch salt
- 1/2 tsp baking soda (bicarb soda)
- 120g coconut oil
- 75g honey



## **METHOD**

- Preheat oven to 175°C.
- Grease and line a 20cm baking dish.
- Combine all dry ingredients in a bowl.
- Melt coconut oil and honey together and add, mixing well.
- Press evenly into prepared baking dish.
- Bake for 10-20 minutes, until golden brown.
- Cool before serving and keep refrigerated.
- I keep mine in the freezer as they stay chewy and firm.