



TOTALLY NUTTY SNACK SLICES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

BASE

- 8 tablespoon coconut flour
- 8 tablespoon ground almonds
- 4 tablespoon coconut sugar
- 4 tablespoon coconut oil, melted
- 4 tablespoon water
- 1 teaspoon vanilla extract

TOPPING

- 200g nut butter of choice (I use almond butter)
- 4 tablespoon ground almonds
- 4 tablespoon coconut oil, melted
- 4 tablespoon honey or maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoon nut milk of choice (I use almond)

Optional extras

- Crushed cashews, pecans or hazelnuts
- Pinch of salt

PREP TIME

Prep time: 30mins

Cooking time: 10mins

Setting time: 60-90mins

METHOD

- Preheat oven at 180°C.
- Line a ceramic or glass dish with baking paper or foil and set aside (I used a glass dish measuring 21 x17cm).
- In a medium bowl, mix the base ingredients together well.
- In the prepared dish, pour and press down the base mixture.
- Bake for 8-10mins. I
- n the meantime...
- In the same medium bowl you can now mix all of the topping ingredients.
- Pour over the baked base.
- Sprinkle with the extra crushed nuts and sprinkle with salt.
- Slide in the freezer to set.
- Cut into squares or bitesize snacks
- Keep in the fridge.

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