

Healthy plant based

LAMINGTON SLICE RECIPE



This plant-based delight is refined sugar free! The base is made from cashews as well as coconut full of healthy fats to stabilise blood sugar levels. Cashews are also high in zinc and the dates in this recipe are full of fibre which help to balance out the natural sugar content and gives the base a subtle caramel flavour- YUM!

Ingredients:

- 200g raw cashews
- 100g desiccated coconut (plus some extra for sprinkling)
- 8 dates
- 50g virgin coconut oil
- 100ml boiling filtered water
- 2tsp vanilla bean paste
- 100g dark chocolate





Instructions:

1. Place dates into a small bowl and cover with boiling water for 10mins to soften.
2. Place cashews, coconut, coconut oil, vanilla bean paste, drained dates and 20ml of the left-over dates water into food processor and blend for 1-2mins.
3. Transfer into a baking tin with baking paper. Using damp hands, press the mixture evenly into the base of the tin then place into freezer for 15-20mins to firm.
4. Place chocolate broken into small pieces into food processor and blend for 1-2mins until texture is almost like a powder.
5. Transfer chocolate into a small pot on low heat and stir until chocolate has melted into a liquid consistency (be careful not to burn).
6. Pour chocolate onto base and evenly spread (try to do this quickly due to chocolate hardening) and sprinkle extra desiccated coconut on top!
7. Place into refrigerator for 1 hour or until firm then cut into 20 squares for serving- ENJOY!

Give them a try and tag me on Instagram letting me know how you go!

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