



RAW TOFFEE SLICE

INGREDIENTS

Base:

- 1 cup pitted dates
- 3/4 cup almonds or favourite nut
- 1 tbsp melted coconut oil

Toffee Filling:

- 1 cup pitted dates
- 1/2 cup coconut oil
- 1 tbsp Tahini
- 1/4 cup Maple Syrup
- 1 cup raw cashews soaked in water for at least 1 hr and drained
- 1/4 tsp salt
- 1/4 cup of water or more

Chocolate Topping:

- 1/4 cup coconut oil
- 1/4 cup maple syrup
- 1/4 cup raw cacao

PREP TIME: 15MIN

TIME TO SET IN FREEZER: 1 - 2 HRS

**CAN STORE IN FREEZER UNTIL
READY TO SERVE**

SERVES 12 -16

DIRECTIONS

Base:

1. Line a baking dish (20 x 20 cm) or any dish that can be placed in a freezer with baking paper.
2. Place base ingredients into food processor or blender and blend until crumbly and moist.
3. Press this mixture into your dish until you have an even layer of crust.
- 4.. Place your dish into the freezer and prepare the Toffee Filling.

Toffee Filling:

1. Blend all ingredients for the filling until smooth. You may need to add more water to achieve smooth consistency.
2. Poor this filling over the base until it's evenly distributed and freeze until set about 30min to one hour.

Chocolate Topping:

1. Once the filling is set, place all ingredients for the topping in a small saucepan and whisk until melted and blended together. This should only take 5 minutes.
2. Poor this topping over the filling until it's evenly distributed and freeze until set about 10min.

To Serve:

Slice immediately upon removing from freezer using a knife you dipped in hot water. Store either in freezer or fridge and serve cold.



Moves for a Better YOU
Holistic Health and Wellness Coach