


Puffed rice choc slice

Rating: 
Created by: QAST
Total time: 40 min
Preparation: 20 min
Cooking: 20 min
Serves: 12
Category: Snacks
Tags: Vegetarian
Gluten Free

Ingredients

10 unit dates
2 cup puffed rice
0.25 cup honey
0.33 cup margarine
1 tbsp tahini (sesame seed paste)
1 tbsp cocoa
1 tbsp vanilla essence

Method

1. Blitz dates and puffed rice in food processor quickly (you want large crumbs)
2. Heat margarine, sugar, tahini, cocoa and vanilla in pan on low to medium heat until melted and combined.
3. Add liquid to food processor and mix on low until combined.
4. Line a slice tin with baking paper. Add mixture and press down with your hand.
5. Freeze for 30 minutes.
6. Slice and enjoy (store in freezer).

Recipe description

Flourless, yummy sweet treat with vanilla essence, cocoa and dates. Recipe courtesy of the team at Foost (<https://www.foost.com.au>)

Variations

Try adding dried apricots or other dried fruits, or a small amount of desiccated coconut for extra texture.

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