Choc energy slice

Boost your kids' energy levels during the day by packing this yummy slice into their lunchbox.
NOTE: It does contain nuts so not suitable for any nut-free environments.

Ingredients

- 10 Medjool dates, pitted and roughly chopped
- 1 ¼ cups organic rolled oats
- ½ cup LSA
- 2 tablespoons sesame seeds
- 3 tablespoons raw cacao powder
- ¼ teaspoon sea salt
- 1⁄3 cup hulled tahini
- 1⁄3 cup coconut oil, melted and cooled
- 2 tablespoons maple syrup

Method

1. Place all ingredients in a food processor and pulse until well combined—mixture should be soft and hold together when pressed.
2. Grease and line a 20cm square baking tin. Add mixture and press down evenly with the back of a spoon.
3. Cover and freeze for 40-50 minutes or until firm.
4. Remove from the freezer and cut into 10 bars. Store in an airtight container in the fridge for up to 1 week.

Alternatively, to make bliss balls roll tablespoons of the mixture into balls and coat with desiccated coconut

Written by Rebecca Hawker for Circle In (circlein.com.au), nutritionist and wellness coach who supports busy mums in achieving their health and wellness goals. Discover more recipes from Bec here.