

Raw Fruit and Nut Slices

After last week's sinfully rich and decadent recipe, we have taken into consideration our health-aware customers with this tasty treat. Hillary Adendorff, one of Jenny Ruinaard's brand new Thermomix customers, has adapted one of her friend Di Downie's recipes. Di Downie is an excellent throw-in and taste Australian cook, has her own lifestyle blog and is a long-time Thermomix owner. Thank you Hillary.

Makes: 36 squares

Total Preparation time: 10 minutes

Freezing time: 1 hour

Ingredients

1 tblsp organic brown sugar
2 tblsp organic cacao powder
300g almonds
120g dates and raisins mixed
60g sunflower seeds and sesame seeds mixed
20 – 30g organic coconut oil



Method

1. Place all ingredients in TM bowl. Chop **20 – 30 sec/speed 10**, until desired consistency has been achieved. This is a matter of preference.
2. Press into a dish and score in slices. Place in the freezer for an hour. This keeps the slices together. Keep stored in the freezer.

This recipe was so yummy that we made our own slight adaptation:

Ingredients

1 tblsp organic brown sugar
2 tblsp organic cacao powder
300g mixed nuts
50g sesame, linseed, and pumpkin seeds mixed
70g sunflower seeds
70g cranberries
100g dates
30g organic coconut oil

Method

1. Place sugar into TM bowl Mill **10 sec/speed 10**.
2. Add remaining ingredients and continue as above.

Serving suggestions

- Replace organic sugar with algave
- Replace some of the dates and raisins with goji berries.
- You may add more coconut oil in as this binds the fruit and nuts together.

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