

SuperFood Slice



Ingredients

¼ cup chia seeds

¼ cup quinoa seeds

¼ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup LSA

1 cup dried dates

2 tsp vanilla essence

Method

If dates are hard and dry, soak in boiling water for a few minutes then drain

Grind chia seeds in coffee grinder or Magic Bullet until a fine powder

Dry fry quinoa seeds in saucepan, constantly stirring, til golden brown.

Do the same with sunflower seeds and pumpkin seeds.

Place all seeds in food processor and pulse a few times then put aside

If not soaked, warm dates in microwave to soften

Process dates and add vanilla essence until thoroughly gooey

Add seeds and pulse a few times but not to chop seeds too much

Add LSA and ground chia seeds and pulse again to mix in

Scrape down sides if necessary, and pulse again

Line a rectangular container with cling wrap

Press warm mixture firmly into it, maintaining even thickness

Cover with wrap and chill in fridge til firm

Cut and serve