



RAW OAT ALMOND & CINNAMON BITE

Serves 14

INGREDIENTS

- 100g Porridge oats
- 70g Coconut milk
- 70g Honey
- 50g Goji berry
(or whatever dried fruit you like)
- 45g Flaked
almonds
- 40g Grated
coconut
- 35g Raisins/Sultana
- 5g Vanilla essence

DIRECTIONS

- 1: Put the almonds into a food processor and break into small pieces (or use almond nibs).**
- 2: Add the rest of the ingredients (the honey last) and blend until a sticky dough.**
- 3: Put on parchment paper and roll to 1cm depth. If you don't have a rolling pin- a clean wine bottle works great.**
- 4: Cut into neat shapes – whatever you feel looks good.**
- 5: Let it chill in the fridge for a few hours if you can before eating them.**
- 6: Store in a sealed container for up to 5 days or freeze them and enjoy later.**

ALLERGENS - CONTAINS



ALLERGENS - MAY CONTAIN



KSG