

# Chia Seed Slice



SERVES 8-10

## Ingredients

1 cup oats  
½ cup slivered almonds  
¼ cup pepitas  
¼ cup sunflower seeds  
10 dates  
1 tsp cinnamon

¼ cup maple syrup  
½ cup sesame seeds  
¼ cup chia seeds  
3 tablespoons water  
½ cup coconut

## Instructions

Pre-heat oven to 180 degrees Celsius. Line a rectangular baking dish with baking paper. On a baking tray line it with baking paper. Place the oats, pepitas, sunflower seeds, slivered almonds into a bowl, give a good mix then spread them evenly onto the baking paper and put into the oven for about 8 minute until they are lightly browned – be careful not to burn them. Place the dates into a small bowl and soak them in boiling water from the kettle for about 5 minutes to soften them up.

Once the nuts/seeds are lightly brown place into food processor along with the dates, cinnamon and maple syrup, blend until just combined. Transfer into a bowl and add in the chia seeds, sesame seeds and water and give a good mix. Pour ingredients into baking dish and really flatten the mixture out and compress down with the back of a spoon. Sprinkle coconut on top and again press down with the back of a spoon. Place in the freezer for 30 minutes until set. Stores well in the fridge or freezer.

