

Date & Sunflower Slice



Wholesome, sugar free and packed with goodness – a wonderful after yoga treat served with a cup of rose tea...

100g porridge oats
50g dates
50g coconut oil
25g sunflower seeds, soaked overnight
Small banana
Pinch of Himalayan salt

Finely chop dates and add just enough warm water to cover. When the dates have softened, mash into a fine paste. Stir in the porridge oats and coconut oil. Drain and add the sunflower seeds. Mash the banana and add to the mixture.

Lightly oil a 16 cm square baking tin and spread mixture evenly. Lightly score with a knife into 12 portions. Bake for 15 minutes, medium temperature. The mixture should still feel soft to the touch. Allow to cool a little, then cut into portions. Cool completely on a wire rack and serve.