

Chocolate Heaven Slice

A no-bake treat that tastes indulgent but is full of nourishing ingredients like dates, nuts, seeds, and dark chocolate.

Freeze in individual portions for an easy, nutrient-rich snack when cravings hit.



Ingredients

- 2/3 cup pitted medjool dates
- 1 cup almonds
- ½ cup walnuts
- ½ cup pepitas
- 4 scoops chocolate protein powder
- 1 heaped tablespoon cacao powder
- 1 tablespoon chia seeds
- 1 teaspoon honey
- Few drops of vanilla extract
- Water
- Desiccated coconut
- Block of dark (70%) or vegan chocolate

Method

- In a food processor, blitz dates and add to a large bowl
- Blitz almonds, walnuts, pepitas and add to bowl
- Add remaining ingredients, mix well. Add a small amount of water to hold the mixture together. Be careful not to add too much!
- Line a slice tin with non-toxic baking paper and press the mixture into the tin.
- Melt 2/3 of the block of cooking chocolate and pour over the base.
- Sprinkle with coconut and set in the fridge