



## Coconut Date Squares

SERVINGS: 42

PREPPING TIME: 15 MINS

COOKING TIME: 5-7 MINS

### INGREDIENTS

- 1 cup roasted almonds
- 2 tbsp. coconut oil
- 4 cups pitted dates
- 3 tbsp. water
- 10 plain digestive biscuits
- 1/4 cup cocoa powder, sieved
- 1/4 tsp. salt
- 1 tbsp. vanilla extract
- 1/2 cup shredded coconut

### DIRECTIONS

1. Roughly chop almonds in a food processor and pour aside into a small bowl for later use.
2. Line a baking dish with non stick paper 6x4 inch
3. Crush biscuits into small pieces using your hands or place biscuits into a small bowl and use the back of your rolling pin to crush them.
4. Melt coconut oil on a medium heat in a deep based saucepan. Add the dates and cook for 5-7 minutes, stirring often. Half way through add in the water. The dates should become a soft/sticky mixing consistency.
5. Take off heat and add in cocoa, vanilla extract, and salt, mix well. If the mixture is too dry, add an additional 1 tablespoon of water.
6. Add in almonds and crushed biscuits, stir well until all the mixture is incorporated.
7. Pour into the prepared dish and push down with your hands to flatten the date mix.
8. Dust with coconut and push down further.
9. Leave to stand for 30 minutes.
10. Cut into small square pieces and serve.

### NUTRITION

Serving size: 1 square  
(per serving) 100 calories, 3.5g fat, 1.5g saturated fat, 0mg cholesterol, 35mg sodium, 16g carbohydrate, 2g fiber, 11g sugar, 1g protein