



SWEET POTATO & CHERRY CHOCOLATE BROWNIE



MAKES 12 SQUARES

METHOD

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INGREDIENTS

- 400g sweet potato
- 100g of melted coconut oil
- 2 whole eggs
- 70g of honey
- 55g of cocoa powder
- 150g of dried sour cherries
- 5g of bicarbonate soda
- 5g of baking powder
- 30g of desiccated coconut (made into flour)

1. Grate the sweet potato into a bowl.
2. Mix in eggs, honey, coconut oil, dried cherries and vanilla extract.
3. Fold in the cocoa powder, baking soda and baking powder.
4. Add the coconut flour but watch out not too much as it will make it dry.
5. Taste the batter to make sure it is sweet enough.
6. Pour the mixture into a lined baking tray and place into the oven for 20 mins at 180 degrees.
7. Once left to cool, cut into 12 squares

Nutrition per slice

PP: Kcals 214 Fat 12.4g Sat Fat 9.7g Carbs 29.4g OWS 14.3g Pr 3.0g Salt 0.2g © Gather & Gather 2016





PEANUT BUTTER, OAT & CURRANT BITES



MAKES 30 BALLS

METHOD

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INGREDIENTS

Oats	110g
Dried currants	250g
Smooth peanut butter	120g
Ground cinnamon	$\frac{1}{2}$ tsp
Water	2 to 3 tbsps

1. Mix all ingredients together in a food processor until smooth
2. Drizzle in two to three tablespoons of water so that the mixture comes together into a ball
3. Scoop out a heaping spoonful of the mix and roll into a ball, pressing firmly so that it sticks together
4. Chill until ready to serve

TIP: Refrigerate them in an airtight container for five days or freeze for up to a week.

Nutrition per ball

Energy 255kJ/61kcal Fat 2.3g Saturates 0.5g Sugars 5.9g Salt 0g © Gather & Gather 2016





PEANUT BUTTER, HONEY & PEAR SLICE



MAKES 12 SLICES

METHOD

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INGREDIENTS

Oats	150g
Sesame seeds	75g
Pumpkin seeds	100g
Golden linseed	90g
Cinnamon	5g
Hazelnuts	75g
Peanut Butter	120g
Honey	25g
Pear halves, tinned	220g

1. Mix oats, sesame seeds, pumpkin seeds, golden linseed, hazelnuts and cinnamon together in a large bowl
2. Mash the pears with a fork to form a puree
3. Add peanut butter, honey and pears to dry ingredients and mix well
4. Press into square brownie tin and bake for 10 minutes at 160C

Nutrition per slice

Energy 542kJ/130kcal Fat 9.0g Saturates 1.4g Sugars 2.2g Salt 0g © Gather & Gather 2016





ORANGE & CHOCOLATE ENERGY BITES



MAKES 25 BALLS

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INGREDIENTS

250g pitted medjool dates
100g oats
3 tbsp cocoa powder
1 tbsp orange zest
Juice of 1 orange
1 tsp vanilla extract
Unsweetened desiccated coconut
to roll the balls in

METHOD

1. In a food processor mix the dates until they become a paste.
2. Add in the oats, cocoa and mix well.
3. Then add in the orange juice, zest and vanilla extract and blend together until it is all mixed.
4. Mould 25 balls out of the mixture and roll in desiccated coconut.
5. Serve straight away or store in the fridge.

