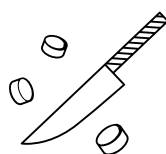




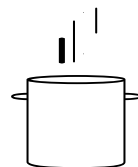
Date and Lemon Slices

The ingredients in many commercial flapjacks and cereal bars are bound together with a butterscotch mixture high in sugar and saturated fat. These delicious bars are sweetened naturally with dates and agave nectar. Instead of butter we use rapeseed oil – rich in monounsaturated and polyunsaturated fats. A mild olive oil works equally well.

The oats and wholemeal flour are a great sources of fibre and complex carbohydrate. These slow down the rate of release of sugars into the bloodstream helping to maintain high energy levels throughout the day. These tasty date slices make a nourishing breakfast on the go, treat for lunch boxes or healthy afternoon snack.



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Ingredients

Grated zest and juice of 4 lemons

90ml (6 tbsp) apple juice

225g (8oz) dried dates, chopped

5 tbsp Groovy Food Light and Mild Agave Nectar

150ml (½ pint) rapeseed oil 150g (5oz) rolled oats

175g (6oz) self raising wholemeal flour

30ml (2tbsp) sesame seeds

30ml (2tbsp) sunflower seeds

½tsp bicarbonate of soda

Directions

1. Preheat the oven to 180°C, Gas Mark 4.
2. Place the lemon juice, zest and 225g chopped dried dates in a pan and bring to the boil.
3. Simmer for 1-2 minutes then take off the heat and cool for 10 minutes.
4. Add the agave nectar and oil and blend using a hand blender or food processor to form a thick puree.
5. Place the oats, flour, seeds, soda, dates, coconut and ground almonds in a bowl and mix well.
6. Add the date puree and combine thoroughly.

100g (4oz) chopped dried dates

50g (2oz) desiccated coconut

80g (3oz) ground almonds

7. Press the mixture into a greased shallow rectangular cake tin approximately 25cm by 30cm.
8. Bake in the oven for 25-30 minutes until golden brown.
9. Leave to cool in the tin then cut into bars.
10. Store in an airtight container. As it contains a high proportion of fruit it is best kept in the fridge. It is also suitable for freezing.