

# SALTED CAROB PROTEIN SLICE

## Top Layer

2 x 80g Carob Kitchen Milk Bars (extra thick, use 3)

## Bottom Layer

2 x cups dry roasted lightly salted nuts (we used almonds)

2 x cups pitted dates

2 x serves of protein powder (pea or carob)

2 x tablespoons Carob syrup (malt, rice or honey)

1 x tablespoon mesquite powder

3 x tablespoons coconut oil

1. Blend bottom layer ingredients in blender until well combined.
2. Press mixture into a lined tray (20cm x 20cm) and refrigerate for 15 minutes.
3. Melt top layer milk bars using a Bain Marie method.
4. Remove mixture from fridge and add melted carob and spread evenly.
5. Leave to set outside the fridge for 20 minutes.
6. Can be stored in the fridge if you like your slice extra hard.

