

Raw Nut + Seed Slice



Oliver + Tom

SHARING + LUNCH BOX RECIPE



Hello Treat Lover

This is one of those throw-it-all-in-a-bowl-and-mix kinda recipes. In fact, the only tricky bit about this recipe is the waiting while all that gooey, sticky, deliciousness sets together in the fridge ready to be served!

A perfect snack to refuel little bellies which will be considered an absolute treat but all the while hiding an abundance of nutrients. The seeds alone add omega-3 fatty acids, fibre, protein, and antioxidants and let's not forget the iron and magnesium which the puffed quinoa bring to the mix.

Enjoy experimenting with different seeds, nuts, and dried fruits, and add a little extra magic with a drizzle of chocolate on top. We guarantee you (and your kiddos) won't be disappointed!



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Ingredients

- 200g (1 + 3/4 cups) oats
 - 20g (1/4 cup) desiccated coconut
 - 35g (1/4 cup) hemp seeds
 - 40g (1/4 cup) chia seeds
 - 40g (1/4 cup) flax seeds
 - 75g (1/2 cup) dates, cut into small chunks
 - 25g (1 cup) puffed quinoa/rice
 - 1/2 tsp cinnamon
 - Pinch of salt
 - 125ml (1/2 cup) maple syrup
 - 250ml (1 cup) almond butter
- Optional:
- 100g (1 bar) dark chocolate, melted for topping



Method

1. Line a small tray with parchment paper and set aside.
2. Place oats, coconut, seeds, and puffed quinoa into a large mixing bowl.
3. Add dates, cinnamon, and salt before pouring in the maple syrup and almond butter.
4. Stir with a large spoon to combine. Use hands to ensure mixture is well incorporated.
5. Transfer mixture to prepared tray, using a spoon to ensure it is spread evenly. Use your hands or the bottom of a flat, round surface to pack the mixture down as firmly and evenly as possible.
6. Refrigerate for at least one hour or preferably overnight. Lift the bars out of the tray using the parchment paper to assist you. Use a sharp knife to cut the bars into evenly sized pieces then drizzle over the melted chocolate, if using.
7. Wrap the bars individually in parchment paper to stop them sticking together while storing. Keep for several days in an airtight container at room temperature, for a couple of weeks in the fridge or several months in the freezer.

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