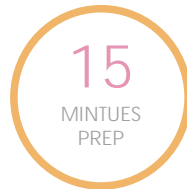


Inca Berry Yoghurt Bars

These are the perfect alternative to yoghurt covered muesli bars. They are simple to make, absolutely delicious and store well in the freezer for a convenient snack.



Ingredients

¼ cup dates

1/3 cup dried apricots (unsulphured)

1 cup dried inca berries (roughly chopped)

½ cup sprouted buckwheat

½ cup sprouted almonds (roughly chopped)
(chopped, or pulsed in processor)

1/8 cup chia seeds

2 tsp lemon juice

¼ tsp salt

50g melted coconut butter (approx. ¼ cup)

200g melted coconut butter (approx. 1 cup)

- ♥ Place a sheet tray or cutting board lined with baking paper into your freezer.
- ♥ Process dates and apricots in a food processor until they form a chunky paste (or simply dice them finely), then transfer to a large bowl.
- ♥ Vigorously stir in all remaining ingredients, including the 50g of melted coconut butter.
- ♥ Get your sheet tray from the freezer and gently pour the remaining 200g of melted coconut butter into the middle of the tray, and try to prevent it from spreading too thinly.
- ♥ Sprinkle your inca berry mixture into the 'yoghurt' and gently press it down, then transfer your tray to the freezer to set (about 20 mins). Cut into bars and store in the freezer in an airtight container.

Notes:

The dried fruit and nuts in this recipe can of course be substituted for any other fruits, nuts or seeds. Experiment with dried (sugar-free) cranberries, sour cherries and blueberries.. and try using hemp, sunflower seeds and pepitas instead of nuts.