

# Dark Choc Date Slice

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**CAL: 136    PROTEIN: 1    CARBS: 15    FIBRE: 1    FAT: 8**



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**SERVES:**  
16



**TIME:**  
35 minutes



## INGREDIENTS

150g Digestives, crumbled  
25g butter  
2 tbsp maple syrup  
180g dates, pitted  
1 tbsp almond butter  
1 tbsp coconut oil  
150ml cream  
1 tsp salt flakes

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## INSTRUCTIONS

Firstly line the base and sides of a square pan with baking paper.

Add biscuits, butter and 1 tbsp maple syrup in a food processor and blend until smooth. Line the base of the pan with the mixture and place in the fridge to chill.

Meanwhile, process the dates, almond butter, oil, remaining maple syrup and 1/4 cup boiling water.

Pour this mixture on top of the biscuit base and freeze for 30 minutes.

Next, place chocolate and cream in a heat proof bowl over a saucepan and very slowly melt, stirring continuously.

Finally, pour chocolate mixture over the date layer and spread to smooth. Sprinkle with sea salt and freeze for another 3 hours.

Use a hot knife to cut the the slice into 20 pieces and keep in the freezer until serving.

## MACROS

Calories: 136  
Protein: 1  
Carbs: 15  
Fat: 8  
Fibre: 1