ALMOND, PISTACHIO & QUINOA DARK CHOCOLATE BARS

Ø GF, VEG (\$\) 20 mins (+ setting overnight) △ 24



Ingredients

- 1¹/₂ cups dates
- 2/3 cup smooth natural peanut butter (1 use 'Pics Peanut Butter')
- ¼ cup black tahini
- ¹/₄ cup honey
- ¹/₂ tsp vanilla powder
- ¹/₂ cup roasted almonds, roughly chopped
- ¹/₂ cup pistachios, roughly chopped
- ¹/₂ cup pepitas
- 1³/₄ cups puffed quinoa
- 400g dark chocolate (I use 70%)
- Flaked sea salt for sprinkling
- 2 tbs finely chopped pistachios for sprinkling



Method

- *I.* Blend the dates, peanut butter, tahini, honey and vanilla powder in a food processor until a smooth ball forms.
- 2. Remove the mixture from the food processor and place into a large mixing bowl.
- 3. Add the almonds, pistachios, pepitas and puffed quinoa to the date mixture and mix together with your hands.
- *4. Press the mix into a paper lined 18cm x 30cm brownie tray and set aside.*
- 5. Meanwhile, melt your dark chocolate in a heat proof bowl over a saucepan of gently boiling water.
- 6. Pour the melted chocolate over the slice mix and sprinkle with sea salt and extra chopped pistachios.
- 7. Place in the fridge to set overnight
- 8. Remove from the fridge and cut into slices or bite sized pieces. Enjoy!

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