



FOOD CO-OPERATIVE

okines.food.coop@gmail.com

DATE-PUMPKIN BLACK TAHINI SLICE

INGREDIENTS

1 ¼ cups dates OR pumpkin puree OR a combination of both
60g butter
¼ cup rapadura or coconut sugar
2 eggs
75g flour (of choice)
1tsp baking powder
pinch of salt
75g LSA or almond meal
Chopped nuts or dried fruit if desired.
Sesame seeds to sprinkle on top.

METHOD

Soak dates OR pumpkin puree OR a combination of both, in hot water till soft and then whiz to a paste.
Cream 60g butter with ¼ cup rapadura or coconut sugar
Add eggs and beat until smooth
Fold in date/pumpkin paste
Sift flour (of choice) with baking powder, pinch of salt and LSA or almond meal
Fold wets into dries in 3 batches.
Add some chopped nuts or dried fruit (if desired).
Pour into greased small brownie tray – approx. 20x20cm.
Sprinkle with sesame seeds.
Bake 180C 15 -17 mins 'til just cracked on top.
Cool in tin before cutting to serve.

