

Coconut Sugar Granola Slice



DIFFICULTY
MEDIUM



SERVES
15



PREP TIME
30 MINUTES



BAKE TIME
1 HOUR

Ingredients

90g sliced almonds
110g cashew nuts (roughly chopped)
75g pumpkin seeds
65g sunflower seeds
35g sesame seeds
400g butter
360g **Chelsea Coconut Sugar**
150g **Chelsea Golden Syrup**
4 Tbsp orange juice
zest 2 oranges
400g jumbo oats
1 tsp cinnamon
½ tsp cardamom
16 medjool dates (roughly chopped)
½ tsp salt
OPTIONAL
1 cup 50% dark chocolate

Method

Preheat the oven to 180°C. Place the nuts and seeds on a baking tray lined with baking paper and place in the oven for 8 minutes turning once. Allow nuts and seeds to cool. Cut the butter into cubes. Add the **Chelsea Coconut Sugar**, **Chelsea Golden Syrup**, orange juice and orange zest into a pot on a low heat and cook until sugar dissolves. Using a whisk, quickly whisk the butter and sugar mixture until it comes together. Put the oats, cinnamon, cardamom, dates and salt in to a large bowl. Add the toasted nuts and combine. Add the sugar and butter mixture and stir until all the nuts and oats are covered by the butter mix. Line a 30cm x 20cm baking tray (sides included) with baking paper. Pour the mixture into the tin and bake at 165°C for 30 minutes, turning it once. Allow to cool. Keep in fridge overnight. Once cut, layer with grease proof paper to prevent sticking.

OPTIONAL

Melt 1 cup of 50% dark chocolate in a heat proof glass jug in a microwave on high for 1 minute. Stir the chocolate until combined. Once the slice is completely cooled, drizzle with chocolate, allow time to set.

Nutrition

Contains nuts and dairy.

Service

Store in the fridge.

Total Cost

Cost Per Portion \$0.98

Gross Profit 80%

GST 15%

Min. Selling Price (per portion) \$5.00

*Cost based on average wholesale prices May 2019



More recipes at chelsea.co.nz/foodservice