



Healthy Plant-based Recipes:

Ginger Peanut Butter Slice

Ingredients

- 125g reduced sugar ginger, clopped roughly
- 125g raisins (50% less sugar)
- 1 cup walnuts roughly cut
- ½ teaspoon vanilla
- ¾ cup smooth peanut butter
- ½ cup hulled tahini
- 1/3 cup maple syrup
- ¼ cup coconut oil
- 1 cup oat flour
- ½ cup desiccated coconut

Method

- Place vanilla, peanut butter, tahini, maple syrup and coconut oil in saucepan
- Add heat to saucepan and stir until mixture is melted and combined
- Place oat flour and desiccated coconut in bowl
- Mix in other ingredients
- Line 20cm square tin with baking paper
- Spread mixture with back of a spoon
- Optional: sprinkle sea salt flakes on top
- Refrigerate covered for 2-3 hours **or** freeze for 30-45 minutes for a quicker result
- Note: oat flour cannot be substituted with wheat flour in this recipe

Alternative: replace tahini, ginger and raisins with 1 cup carob bar melted