

Choc-Chia Slice

The following recipe works well in a 28cm rectangle slap tin. Slice portions and freeze for a delicious and nutritious lunch-box snack.

Ingredients: 250g unsalted butter [room temperature]
 150g raw sugar
 ¾ cup chia seeds – pre soak for 15 minutes in 1 cup of filtered water
 4 eggs
 150g spelt flour
 150g ground walnuts
 3 level teaspoons baking powder
 1 jar pitted black cherries – drain and reserve juice
 1 cup of cherry juice

Optional: chopped chocolate

Beat butter and sugar until light and creamy; add the soaked chia seeds and mix well. Add eggs one at a time, beating on slow until combined. Add flour/ground nuts/baking powder on low speed and gradually add the cherry juice. Add chopped chocolate if desired.

Pour into lined baking tin and spread drained cherries evenly over the top. Bake in moderate oven for 35-45 minutes. Check with wooden skewer or tap lightly – cake should feel firm and begin to shrink from sides of tin.

Allow to cool – dust with icing sugar and cut into portions.

Serving suggestion: Accompany a slice of cake with a dollop of natural yoghurt topped with chocolate shavings.

