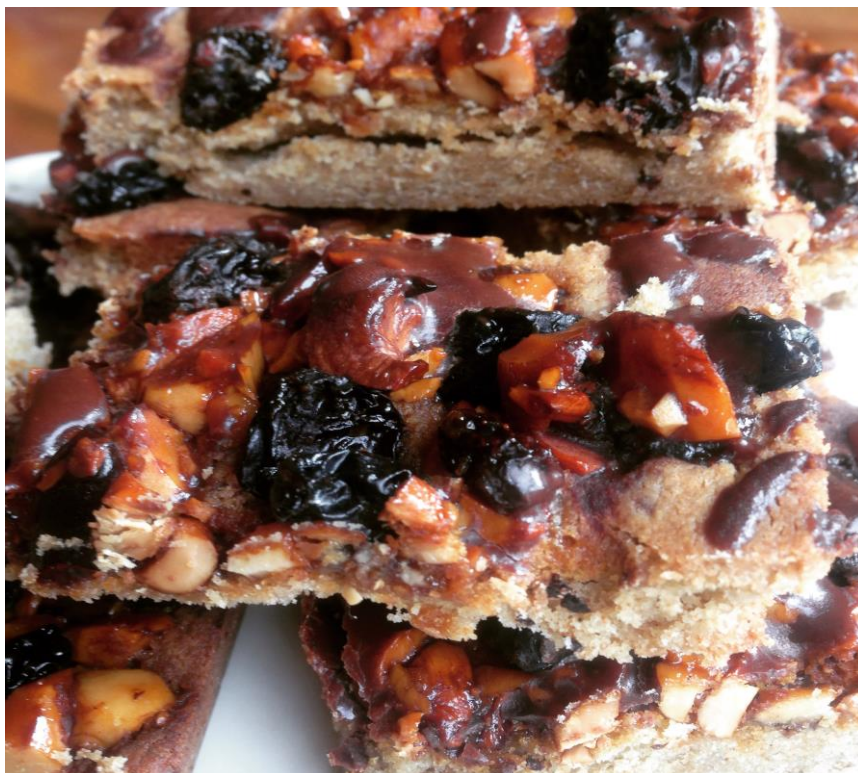


Florentine Tray Bakes

This recipe is pretty easy and not too time consuming and it is a joy to eat. Bursting with sweet berries and crunchy nuts with a soft biscuit base. The buckwheat flour used in these makes them gluten free too. All of my 'testers' loved these.



For the base

- 2 tablespoons honey or maple syrup
- 1 ½ cups buckwheat flour
- 1 tsp baking powder
- 2 tsp vanilla extract
- ¾ cup coconut oil
- ¼ tsp grated nutmeg

For the topping

- 1 ½ cups of mixed chopped nuts
- 2 tablespoons coconut oil
- 3 tablespoons honey or maple syrup
- 1 tsp vanilla extract
- 1 cup mixed dried berries

For the finishing touch

- 1 tablespoon coconut oil
- 1 tablespoon raw cacao

Pre heat oven to 160°C and prepare a shallow baking tray by rubbing it with some coconut oil to stop the base from sticking. If you are using a silicone tray you won't need to oil it.

For the base. Melt your coconut oil in a pan then turn off the heat and add all of your other ingredients to the pan and mix well. You are going to have to get your hands dirty here and tip the mixture out onto your worktop and work this into a 'dough'. If it's a little dry add some water to this. Now press this into your oven tray and bake for approx. 20 mins. This will rise a little but not too much – this is good. You don't want this to be a huge cake.

Make a start on your topping. Be warned this mixture gets HOT! Place the coconut oil, honey/syrup, nuts, berries and vanilla into a pan and mix together as the oil melts. Let this bubble away for approx. 10 mins. It will thicken and the berries and nuts will soak up all the sweetness from the honey.



Let the topping just cool slightly and take your base out of the oven. Pour the cooled topping over the base and leave this to set. Once it is all fully cooled it will harden slightly.

This next step is an added extra – I mixed 1 tablespoon of coconut oil with the same amount of raw cacao to make a 'chocolate sauce' and drizzled this all over the top.

Again let this cool completely before cutting, slicing and devouring 😊