

Sticky Date and Apricot Tray Bake

If you are looking for something sweet then this will hit the spot! Tasty, sweet, a little sticky and topped with 'chocolate', just one of these will be enough to satisfy your sweet tooth.



- 2 cups dried dates
- 1 cup dried apricots
- 1 tsp vanilla
- 1 tablespoon almond butter
- ½ cup chopped nuts

For the topping

- ¼ cup coconut oil
- ¼ cup coco butter
- 1 tsp raw cacao
- 1 tsp honey
- 2 tsp freeze dried raspberries

Place the dates, apricots, vanilla, almond butter and nuts into a food processor and blitz until it is as smooth as you can get it. Press this mixture down firmly into a shallow baking tray and place into the fridge while you make a start on the topping.



Melt the oil and butter in a pan and once fully melted, turn off the heat and add the honey, raspberries and raw cacao. Mix this well and allow to cool for approx 10 mins. Now pour your 'chocolate' topping over your almond and date base and place this back into the fridge until the topping has set completely.

Cut this up into small squares. I cut mine into just inch square pieces and I managed to get 16 out of this recipe.

I'd love to know if you enjoy this recipe so please let me know 😊