



### COCONUT JAM SLICE

This slice is an ode to our grandmothers. I've replaced the traditional sweet jam which drops the sugar content right down. Enjoy with a cup of tea or a spoonful of cream.

🕒 10 minutes

🕒 35 minutes

🍴 20 portions

## INGREDIENTS

- 1 cup gluten-free flour, or regular plain flour [BASE]
- 1/2 cup of almond Meal [60g] [BASE]
- 110g of butter, diced into small cubes [BASE]
- 3 tbsp of rice Malt Syrup [30 g] [BASE]
- 2 cups of raspberries, fresh or frozen [JAM]
- 1/4 cup of water [JAM]
- 2 tbsp of rice Malt Syrup [20 g] [JAM]
- 4 tbsp of chia seeds, [60 g] [JAM]
- 1/2 cup, shredded of coconut [desiccated], [TOPPING]

## COOKING METHOD

- 1° To make the base, first preheat oven to 180°C. Line a 23 cm baking tin with baking paper. Mix all of the base ingredients together until combined. Press mixture firmly into the tin. Press down lightly so the base is even. Bake for 15-20 minutes, or until golden. Remove from oven and set aside to cool completely.
- 2° Meanwhile make the raspberry chia jam. Put all the chia jam ingredients into a saucepan and heat over medium heat until the mixture begins to bubble. Reduce the heat and whisk constantly until thickened, about 3-5 minutes. Set aside to cool slightly.
- 3° Spoon jam over base and sprinkle coconut over the top. Return slice to the oven to cook for 5-8 minutes until coconut is golden. Set aside to cool completely before slicing into squares.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (47 g)	% DRI
ENERGY	282 kcal	133 kcal	7 %
FAT	19 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	11 g	5 g	26 %
CHOLESTEROL	35 mg	17 mg	6 %
SODIUM	16 mg	8 mg	0 %
CARBOHYDRATE	24 g	11 g	4 %
SUGARS	6 g	3 g	—
FIBER	4 g	2 g	8 %
PROTEIN	4 g	2 g	—