Almond maple slice

This almond slice is ssoo yummy. I may or may not have made double the recipe twice in one fortnight recently and devoured it all….but it was shared between ~~three~~ family and friends!!! If you *can* resist from eating it all in one sitting, it does save really well in the fridge. I'm sure you could freeze it too, and just let it defrost before you want it.

* The brown sugar may cause some people on a low FODMAP diet some issues (though in one serving, there isn't going to be a large amount), so if this might be you, swap it out with maple syrup or brown rice syrup. Just bear in mind, the extra liquid may need balancing out with less syrup than the brown sugar, or some extra flour.

*Also, if you use coconut oil in the topping, it sets with a bit of a white layer in places, as coconut oil can do, but it does allow the slice to hold its shape quite nicely.

Ingredients

Base

60 g brown sugar or maple syrup
100g dairy free butter
50g gluten free self raising flour
50g almond meal

60g finely desiccated coconut

Topping

80g maple syrup
80g dairy free butter or coconut oil
1 tsp vanilla extract
125g sliced almonds

Method

1. Preheat over to 180c. Line slice tin with baking paper.
2. Add the base ingredients into a food processor.
3. Blend until smooth and well combined.
4. Put the dough-like mixture into the slice tin. Press it firmly so that it is compressed and flat.
5. Bake in the oven until it is golden – about 10 minutes.
6. While the base bakes, add the topping ingredients, except the almonds, into the food processor. Blend until well combined.

7. Gently stir in the almonds.
8. When the base is cooked, pour the almond maple mix over the top and spread it evenly.
9. Bake until the almonds are golden and the syrup is bubbling – about 20 to 25 minutes.
10. Let the slice cool.
11. Once it is set, cut it into your desired size for slices.
12. Make a cuppa, choose a good book to read, and enjoy the

yumminess!!