



REMEDY
KITCHEN

We all have those days when you just need that little extra snack to get you through to your next meal! Having these tasty little morsels in the fridge is the perfect guilt free way to fill that void without the artificial nasty's that comes with highly processed supermarket snacks! The only problem I find is these moreish snacks never last long in our household..... first in best dressed!!



Chocolate MOP Logs

Ingredients

1 1/2 Cups MOP Milled Oat Porridge

1 Cup Pitted Dates

1/2 Cup Desiccated Coconut

1/4 Cup Cacao powder

1/2 Cup Walnuts

1/2 Teaspoon Cinnamon

3 Tablespoons Maple Syrup

2 Tablespoons Coconut Oil

Method

Step 1

Add 1 cup of pitted dates to boiling water, leave for 30 minutes to soften so the skin can be easily removed. If you are in a rush you don't have to do this step. Personally, I feel it helps with achieving a smoother, creamier consistency.

Step 2

Add the rest of the ingredients including the dates, to a food processor or thermomix.

Step 3

Blitz until smooth or to your liking! If the ingredients aren't holding their form when rolled together you can always add more coconut oil to help bind.

Step 4

Roll into finger sized logs. You can always pretty them up with a squiggle of chocolate for the sweet tooth in the family. Leave in the fridge to set for half an hour.

ENJOY X

Mel ♡

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