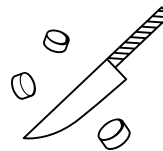


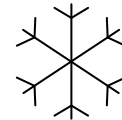
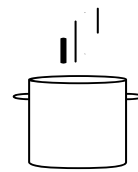


Turmeric Coconut Bites

Popping with colour and flavour these Turmeric Coconut Bites [by Charlotteemma](#) are delicious squares of superfood goodness



20



120



10

Ingredients

Ingredients:

Brownie Layer

150g shredded coconut

105g gluten-free oats

100g almonds

65g cacao powder

65g cup creamy peanut butter

1 tablespoon vanilla extract

A pinch of salt

Turmeric Coconut Layer

100g The Groovy Food Company Coconut Oil Infused with Turmeric

250ml full fat coconut milk

125g soaked cashews

Directions

Method:

1. Add all brownie ingredients to a food processor and pulse until the mixture starts to come together
2. Press into the base of a lined 12 inch square baking tin and refrigerate while preparing the coconut layer
3. Melt the coconut oil for approx 20 seconds in the microwave and set aside for 5 minutes
4. Add to the blender with the other coconut layer ingredients and blend on high until creamy
5. Pour over the brownie layer and freeze for at least 2 hours before removing and cutting into 1 inch squares
6. Store in the freezer and take out 5 minutes before eating

85g carob syrup

2 teaspoon Turmeric

A pinch of black pepper

Chilli flakes