

Raw ginerbread bites

The no-bake healthier answer to Christmas treats



Ingredients

- 1½ cups rolled oats, gluten-free if needed
- 1 cup medjool dates, pitted
- 1 knob (2cm x 2cm) of fresh ginger, peeled and roughly chopped
- 1 tsp ground cinnamon
- ½ tsp ground all spice
- ½ tsp ginger powder
- 2 tbs blackstrap molasses
- 1 cup walnuts

Topping

- 35g dark chocolate
- Salt flakes
- Crystallised ginger, cut into small chunks



How to make

1

Blitz the oats in high speed blender or food processor until it resembles flour then add the pitted dates, spices and molasses and blitz again until a dough begins to form and everything is well combined

2

Add the walnuts to the mixture and pulse your blender or food processor three to four times or until the walnuts have broken down and the dough is manageable with your hands. You do not want to over combine the walnuts as they will turn into butter and your mix will become too wet

**raw, vegan, refined sugar-free
gluten-free option**

Makes approx. 16 bites



How to make

3

Lay a piece of cling wrap down on a flat surface then transfer your gingerbread dough to it. Shape it into a rectangle (about 1.5cm high), wrap the cling wrap around it and place your dough in the fridge to set for one hour or until they are hard enough to handle (you can speed this up by placing them in the freezer)

4

Remove the dough from the fridge and cut the dough into evenly sized cubes. You can softly shape each individual piece with your hands to even out the knife marks. Gently melt the dark chocolate in the microwave or on the stovetop (don't burn it!), then drizzle each bite with chocolate and top with a sprinkle of salt and a chunk of crystallised ginger. Place them back in the fridge to set overnight or at least for a couple of hours until they have hardened up and the chocolate has set. Store in an airtight container in the fridge for up to 2 weeks or freeze to enjoy later

