



MOREISH PRUNE PROTEIN SQUARES



MINUTES TO PREPARE
30 to soak +
5 for prep



TIME TO REST
1 hour



MAKES
approx 20
squares

INGREDIENTS

200g pitted dates
100g prunes
75g mixed nuts
75g pumpkin seeds
100g oats (I use gluten-free)
2 teaspoons psyllium husk
2 teaspoons cocoa powder
1 teaspoon cinnamon
1 teaspoon ginger

LET'S GET COOKING

- 1 Place the dates and prunes in a bowl and cover with water. Leave to soak for at least 30 minutes.
- 2 Place the mixed nuts, pumpkin seeds, oats, psyllium husk, cocoa powder, cinnamon and ginger in a food processor. Drain the dates and prunes and add them to the mix.
- 3 Blitz until you have a smooth paste. Line a small shallow square baking tin with greaseproof paper. Scrape in the blitzed date mix and push it down with the back of a spoon.
- 4 Cover and refrigerate for at least 1 hour.
- 5 When you are ready, take out the tin and place it on a surface. Carefully remove the paper with the protein mixture on and slice into small squares. Enjoy!

"If you've enjoyed making version 1 of the protein balls, then you'll love these little squares. Think of them as protein balls on steroids! The prunes give a dark sweet stickiness and the ginger gives a powerful punch. A fantastic go-to snack for when you feel that afternoon lull coming on. Ps. I've just looked up the dictionary definition of moreish which says "so pleasant to eat that one wants more". One most definitely does want more!"

If you aren't that keen on spice, just use 1/4 teaspoon of ground ginger (or omit it completely). These will keep for up to a week"