

CHOCOLATE PEANUT SLICE

Ingredients

- **20** (400 g) soft fresh dates, pitted
 - **1/3 cup** (95 g) natural smooth peanut butter
 - **2 tsp** vanilla extract
 - **1 cup** (15 g) puffed brown rice
 - **1/2 cup** (70 g) roasted unsalted peanuts, chopped
 - **80 g** raw cacao chocolate or dark chocolate, melted
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Instructions

Chilling time: 30 minutes

1. Line a 10 cm x 20 cm loaf tin with non-stick baking paper, leaving 4 cm of paper overhanging on the long sides (this will help you later!).
2. Place the dates, peanut butter and vanilla in a food processor and process for 2–4 minutes or until the mixture turns into a paste. You might need to scrape down the sides of the processor with a spatula between pulses, just to make sure everything combines.
3. Transfer the date mixture to a big bowl. Add the puffed rice and peanuts. Mix well with a spatula to combine.
4. Press the mixture into the prepared tin, using the back of a spoon to help you smooth it (rub the spoon with a little oil if it's a bit sticky). Pour the melted chocolate over the slice and spread it with the back of the spoon to coat. Place in the fridge for 20–30 minutes or until set.
5. Use the paper to help you lift the slice from the tin. Carefully heat a sharp knife under hot water, dry it, then cut the slice into squares (the hot knife cuts the fudgy slice more easily). Place them in the fridge until ready to eat.

This recipe is from [Donna Hay: Basics to Brilliance Kids](#) on SBS Food (Channel 33). Stream episodes via [SBS On Demand](#).