

Date, oat & orange squares



INGREDIENTS

500g pitted dates,
140ml fresh orange juice
240g organic fine oatflakes
120g brown rice flour
90g ground almonds
1 orange
150ml natural sunflower oil
50ml organic apple-juice concentrate

METHOD

- Heat oven to Gas 5, 190C.
- Wash the dates, place in a pot and add water up to level with the top of the dates. Place a lid on top, bring to the boil, lower the heat & simmer for 20 mins.
- Stir in 40ml of the fresh orange juice and mix until the dates are smooth. Set aside.
- Oil a 9inch square baking tin & line the bottom with greaseproof paper. Oil the paper.
- In a mixing bowl mix the oatflakes, rice flour & ground almonds together.
- Using a zester remove the rind from the orange & mix with the dry ingredients.
- Stir the sunflower oil, apple juice concentrate, orange juice & the juice from the zested orange into the dry ingredients. Mix well.
- With dampened fingers, press two-thirds of the mixture firmly into the baking tin.
- Spread the dates on top. Gently press the remainder of the oatflake mixture on top of the dates.
- Bake in the centre of the pre-heated oven for 40 mins or until golden.
- Allow to cool & slice into 12 pieces.