



PREP: 15 min +
chilling
COOK:
SERVES: 12-16

No Bake Red Velvet Slice

Wholesome, rich and naturally coloured, this slice gets its beautiful hue from beetroot. It's simple to make, no bake and comes with the added satisfaction of eating something that's good for you! A big thank you to the lovely Jade from Panaceas Pantry for developing this recipe for us!

Ingredients

Base

- 1 small (approx 110g) beetroot
- 2 cups (140g) shredded coconut
- 1/2 cup (70g) raw cashews
- 1/4 cup (25g) cacao or cocoa powder
- 10 large, soft dates (pitted) * (see notes)
- 1 tsp Queen Natural Vanilla
- 1/4 cup (30g) cacao nibs (optional)

Icing

- 1/4 cup (60g) coconut oil
- 1/4 cup (60g) coconut butter

Method - Base

STEP 1

Prepare a 15cm (6.5 inch) square tin by greasing and lining with baking paper, or use a silicone one. Set aside.

STEP 2

Wash and peel the beetroot, removing any tough parts at the top. Cut into quarters, and place in a high-speed food processor along with the coconut, cashews and cacao/cocoa. Pulse until small crumbs have formed.

STEP 3

With the food processor running, add vanilla and pitted dates. Turn off the food processor and check your mix: you should be able to squeeze it into a ball that holds together well. If the mixture is too crumbly add 1 more date, process and check again. Repeat as needed (see notes).

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Ingredients

3 tbsp (45ml) Queen Pure Maple Syrup

2 tbsp (30ml) fresh lemon juice

Method - Base

STEP 4

Pour base into the prepared tin, spread evenly and condense the mixture by pressing down firmly all over. If preferred, you can use a small glass tumbler to make the layer nice and even (use it like a rolling pin). Set aside.

Method - Icing

STEP 1

Add coconut oil, coconut butter and maple syrup to a small heatproof bowl and set over a pot of simmering water. You want to ensure the bowl does not touch the water, as this will cause the coconut butter to burn.

STEP 2

Stirring regularly, heat until everything has become liquid then remove from the heat. Add lemon juice, and whisk until uniform. A stick blender will really help to emulsify the icing here, but if you don't have one whisking will do the job. Pour over the base, and place in the fridge for 4+ hours. To serve. Remove the slice from the tin, and cut into desired serving sizes. Place in an air-tight container and store in the fridge for up to 1 week.

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