



Fruit & Nut Chocolate Cake

Information

- Serves: Makes about 12 pieces
- Preparation time: 5 mins
- Cooking time: 15 mins
- Extra time: 3 hrs (cooling + fridge time)
- Difficulty: Easy

Ingredients

- 200g dark chocolate (70% cocoa or higher)
- 5 oatcakes
- 2 handfuls of almonds/walnuts
- 5 tbsp sunflower/chia seeds
- 5 tbsp ground flaxseeds
- 1 handful of raisins

Method

1. Break the chocolate bars into small individual squares and break each oatcake into quarters.
2. Pour some water (to about 2cm depth) into a medium sized saucepan and bring it to the boil.
3. Put the chocolate pieces in a heat-resistant mixing bowl, then place the bowl on top of the saucepan. Stir every so often until the chocolate has melted.
4. Turn the hob off, then add the other ingredients in turn to the melted chocolate, stirring them thoroughly into the mixture to make sure they're completely covered.
5. Pour the mixture into a suitably sized rectangular tin or roasting dish lined with baking paper.
6. Once cooled, place in the fridge until it has solidified, then you can cut it into bitesize pieces and enjoy - in moderation of course!