

# **Rotsies**

## **Ingredients:**

1. Oats, Whole Organic, 2 cups
2. Almond nuts, 1 cup
3. Cashew nuts, 1 cup
4. Vanilla powder, 2 tsp
5. Cocoa nibs, 3 Tbsp
6. Cocoa powder, 3 Tbsp
7. Raw coconut oil, 4 Tbsp A
8. Cocoa oil, 2 Tbsp A
9. Honey: 3-4 tbsp (to taste depending on desired sweetness) A

## **Preparation:**

1. Melt all the “A” ingredients in a warm bowl placed into another bowl filled with hot water. Note: Do not boil the water as the heat will damage all the raw enzymes and nutrients in the honey and oils.
2. With a grain roller, roll the oats to form rolled oats.

Remember once a grain berry has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. **Solution** - only process (roll or stone mill) grains on demand.

3. Grind all the nuts with the S-blade in the Magi Mix until a uniform & fine consistency.
4. Grind the cocoa nibs into a powder with the Personal blender or a coffee grinder.
5. Mix all the dry ingredients thoroughly.
6. Add all the ingredients to the molten oil and honey mixture and mix.
7. Wax a baking tin with coconut oil or a layer of wax paper.
8. Built a “rotsie” with a table spoon of the mixture on the baking tin.
9. Refrigerate for 30 minutes.
10. Remove from the fridge and baking tin.

Serve 8 people for a breakfast on the run or a super snack.

Enjoy it &



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