

## **BC Conference of Seventh-day Adventists Virtual Campmeeting 2020**

### **11-12 year olds**

#### **Day 2 -- Raw Dessert Bars**

In the demonstration at virtual camp meeting, we used dates, almond flour, carob powder, cashew butter, puffed rice, a little coconut milk, peppermint & lemon flavouring, carob chips and cashews. Juniors are encouraged to develop their own raw dessert bars for Sabbath dessert, perhaps, and report on their findings.

One note of advice: If this is the first time trying the idea of a raw dessert, dates make a great base. After the dates, the choices are yours. Try not to add too many ingredients in the first few attempts.

#### **Ingredient suggestions for blended mixture:**

1. 12 - 15 pitted dates
2. ½ cup almond flour (or other ground nut)
3. ½ cup puffed rice (or other grain if preferred. Other ideas could be puffed quinoa, puffed buckwheat, puffed amaranth, or another puffed cereal, or oatmeal.)
4. ¼ to ½ cup nut butter (cashew, almond, sunflower, peanut, etc.)
5. ¼ to ½ cup Carob powder (optional)
6. About ¼ cup coconut (or other) milk if mixture is too thick for the blender to finish mixing.
7. Flavouring – lemon, peppermint (Optional)
8. ¼ tsp salt

#### **Directions:**

Blend all of the above ingredients until well-mixed. Turn ingredients out into a bowl and add pieces of a favourite dried fruit, cashew pieces, almonds, sunflower seeds or other nut, and cereal as desired.

#### **Ingredient suggestions for mixing into blended mixture:**

1. A favourite nut or seed

2. Favourite dried fruit
3. A puffed cereal or oatmeal