



PREP: 20 min +
chilling
COOK:
SERVES: 12

Creamy Pistachio No Bake Squares

This vegan, no bake superfoods slice is like a green smoothie, but so much better. One bite of the silky cashew, pistachio and avocado filling and you'll be hooked. Best of all it's gluten and dairy free!

Ingredients

Base

12 pitted fresh Medjool dates
½ cup (60g) raw pistachios
1 tbsp raw cacao powder
1 tbsp chia seeds
½ tsp spirulina powder (optional)- or 2
tsp pistachio paste
Pinch of sea salt

Filling

2 medium ripe avocados, pitted
½ cup (60g) raw cashews
1 cup coconut butter

Method - Base

STEP 1

Place the pistachios in your food processor and pulse until they are crushed and start to form a flour. Add the other ingredients and blend until everything is combined. The texture should be smooth and sticky. If the paste is too dry, add a couple dates. Press into the bottom of a squared pan and set aside in the fridge while you are preparing the filling.

Method - Filling & To Serve

STEP 1

Throw all of the ingredients into your blender or food processor and blend until smooth and creamy. Spread the filling evenly onto your crust. Top with some crushed pistachios and cacao nibs. Put back in the fridge and let sit for 3-4 hours. Slice into squares and keep chilled, remove from fridge immediately before serving.

Why not take a photo and share your version with us.
Tag [#queenfinefoods](#) on Instagram or post to our [Facebook](#) page.

Visit queen.com.au for recipes, tips, tutorials, products and to upload your own recipe.



Ingredients

¼ cup (60ml) nut milk (almond, cashew or macadamia)

1 tbsp Queen Pure Maple Syrup

¼ tsp Queen Natural Vanilla Extract

Topping

½ cup (60g) crushed raw pistachios

Raw cacao nibs (optional)

Why not take a photo and share your version with us.
Tag [#queenfinefoods](#) on Instagram or post to our [Facebook](#) page.

Visit queen.com.au for recipes, tips, tutorials, products and to upload your own recipe.