

## bed & broccoli

...a very special vegan experience

# CALCIUM

[www.bedandbroccoli.com.au](http://www.bedandbroccoli.com.au)

Calcium builds healthy bones and healthy teeth,  
maintains nerve signaling and muscle contraction.  
Kind of important!  
Here are just a few foods high in calcium:

Almonds  
Brazil Nuts  
Broccoli  
Chia Seeds  
Dried Apricot  
Dried Fig  
Kale  
Nutritional  
-Yeast Flakes  
Okra  
Sesame Seeds  
Silverbeet  
Soy Beans  
Spinach  
Tahini  
White Beans



### Chewy Sesame Bar A recipe by Nikki Medwell

1 cup rice malt syrup  
1 cup shredded coconut  
½ cup tahini  
½ cup sesame seeds  
½ cup sifted coconut flour  
¾ cups sultanas (or chopped dried apricot)  
Pinch of salt

Optional: Coat with chocolate

1. Preheat oven to 175°C
2. Line a shallow lamington tray with baking paper
3. Mix all the ingredients together adding the flour last – you'll need to put some elbow grease in here!
4. Spread evenly over tray using a warm knife
5. Bake for 20 minutes or until golden
6. Cool completely before removing from tray
7. **Optional:** melt vegan chocolate & pour over evenly. Refrigerate until set & cut into slices or bite size pieces using a sharp knife dipped into very hot water.