

Adzuki bars

Adzuki beans are legendary driers of damp- not a good choice if you are dry, but excellent if you want to remove damp that may be causing lethargy, excess weight, depression or arthritis. The other ingredients enhance the dish's calming qualities and should make for an enjoyable snack.

These bars are an all season snack, but can especially be helpful in late summer or in the spring after the heaviness of winter.

What you need:

1 cup adzuki beans, soaked (from any health food shop)

1 vanilla bean, split lengthways

3 cups apple juice

1 cup apple sauce or pureed stewed apple

½ cup carob powder

½ cup rice flour

1 cup spelt flour

½ cup saltanas

1 teaspoon cinnamon

1 tablespoon tahina

½ teaspoon salt

½ cup unsalted chopped pistachio nuts

What to do:

Cook adzuki beans with vanilla bean and apple juice until the beans are soft- about 1 ½ hrs. Discard vanilla bean and mash adzuki beans. Preheat oven to 180c, oil a slice tray. Mix all ingredients in with bean mash and pour mixture into the tray. Bake for 1 ¼ hrs until top crust is firm. Allow to cool. Cut and serve.