



PECAN, CARAMEL SLICE

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: 45-55 mins

Serves: 12



INGREDIENTS

- BASE

- 180g pecan nuts, roughly chopped
- 1 cup coconut, shredded unsweetened
- 10 medjool dates, pitted

- TOPPING

- 12 medjool dates, pitted and soaked for 2 hrs
- 1 cup coconut milk
- 3 tbsp arrowroot
- 1 tsp vanilla extract
- 2 pinches pink rock salt
- 150g pecan halves

METHOD

- Preset oven to 180°C (350°F).
- Line a 25cm x 20cm (10" x 8") with baking paper.
- Combine all base ingredients in food processor and blend until combined and sticky.
- Press firmly into the base of prepared dish.
- Make filling by blending all ingredients EXCEPT pecan halves, until smooth.
- Pulse 1 cup of pecans into mixture.
- Spread over base, and press remaining pecans on top.
- Bake for 30-40 minutes, or until browning on top.
- Cool, cut into slices and refrigerate.