



ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 30 mins

Cook time: Nil

Freezer time: 1 hour

Serves: 25-30 pieces

RAW SALTED CARAMEL SLICE



INGREDIENTS

BASE

- 10 medjool dates
- 1 cup shredded coconut
- 1 cup raw almonds
- 2 tbsp maca powder
- 2 tbsp cacao powder
- ¼ cup coconut oil
- pinch pink salt

CARAMEL

- 1 cup raw cashew nuts
- 2 cups almond meal.
- 10 large medjool dates.
- ½ cup rice malt syrup
- 1-1½ tsp pink rock salt
- 1 tsp vanilla extract
- 1 can (400 mls) coconut milk

CHOCOLATE TOP

- ½ cup coconut oil
- ¼ cup rice malt syrup
- ½ cup cacao powder

METHOD

- Line a 20cm x 20cm pan with baking paper.
- Place all base ingredients into blender, and process until sticking together.
- Press into the base of the prepared pan and place into freezer.
- Mix all caramel ingredients together in blender for 3-4 minutes until smooth.
- Pour over base layer and return to freezer.
- Melt coconut oil and rice malt syrup in microwave in a jug.
- Stir in other ingredients and mix well.
- Pour over caramel layer and return to freezer for one hour.
- Cut into squares and Enjoy!
- *Store in the freezer as they go soft quickly, and do not freeze hard.*