

RECIPE OF THE WEEK

Cacao & Date Caramel Slice

Makes 16 pieces

Ingredients

BASE

* ½ C dates
* 1C Almonds or cashews
* 1.5T coconut oil, melted
* 1/4t fine sea salt flakes

DATE CARAMEL

* 1C dates
* 1/2C pure maple syrup
* 1/3C natural crunchy peanut butter
* 1/4C melted coconut oil

CACAO TOPPING

* 1/4C raw cacao powder
* 1/4C melted coconut oil
* 2t pure maple syrup

Method

1. Line a 19cm square pan with baking paper.
2. Process dates, nuts and coconut oil until smooth. Press mixture into the pan evenly. Refrigerate for 1 hour.
3. Process date caramel ingredients, 2mins on low. Spread evenly over the base. Freeze for 1 hour.
4. Whisk cacao topping ingredients, until smooth. Work quickly pouring onto date caramel mix. Refrigerate for 1 hour or until set.
5. Use hot sharp knife to cut into slices.