

# RAW SALTED CARAMEL SLICE

## INGREDIENTS

1 cup dates (pitted)

½ cup almonds

2 tbsp coconut oil (melted)

2 tbsp almond butter

## TOPPING

¼ cup coconut oil (melted)

¼ cup maple syrup

¼ cup raw cacao powder

## SALTED CARAMEL FILLING

1 cup medjool dates (pitted)

½ cup coconut oil (melted)

2 tbsp almond butter

½ cup maple syrup

1/3 cup almond milk

½ tsp sea salt flakes

## Method

1. Line a 20 x 30 cm baking tray with baking paper.
2. For the base, put all the ingredients in a food processor and whiz together. Then, with damp hands, press the mixture into the bottom of the baking tray. Put this into the freezer while you make the salted caramel filling.
3. To make the filling, put all the ingredients (not salt) into a food processor and blend until smooth. Pour over base, sprinkle salt over the top of the caramel layer. Pop into the freezer for at least 30 minutes to begin setting.
4. For topping, mix together all the ingredients. Pour over the caramel layer and put it back into freezer to set.
5. Slice while frozen