

## INGREDIENTS

1/2 cup Almond Meal  
1/4 cup Coconut Flour  
2 Tbsp Coconut Oil, melted  
1 Tbsp Maple Syrup  
1/4 tsp Cinnamon

1/2 cup Almond Butter  
1/4 cup Coconut Oil  
1/4 cup Maple Syrup  
1 tsp Vanilla Essence  
Sea salt

1/2 cup Dark Chocolate  
1 tsp Coconut Oil  
Sea Salt

## INSTRUCTIONS

1. Preheat oven to 175C.
2. Line a square baking dish and set aside.
3. Place meal, flour, coconut oil, maple syrup and cinnamon into a bowl and mix to combine.
4. Press mixture into the base of the prepared baking dish.
5. Bake for 8-10 mins until lightly golden. Set aside.
6. In a saucepan add the almond butter, coconut oil, maple syrup, vanilla and a pinch of salt.
7. Heat over a low heat, stirring constantly until well combined. Allow to cool.
8. Pour caramel mixture over the base and smooth over.
9. Place in the fridge or freezer to set
10. Once set, melt chocolate, coconut oil in a bowl in the microwave, in 20 sec intervals, stirring in between.
11. Pour chocolate over the slice, sprinkle with sea salt and put back in the fridge to set.



## Date Free Caramel Slice



Serves 6



30 minutes + setting

We love healthy treats at the almond farmer and this is a farm favourite. It is super easy to make but does require some patience unless you have a blast chiller at home. We promise it's worth the wait!

