

SALTED CARAMEL CHOCOLATES

VEGAN | GLUTEN-FREE | DAIRY-FREE

Ingredients:

- 1 cup of pitted dates
- 3 tbsp almond flour
- 1 tbsp peanut butter
- 1 tbsp maple syrup, I used Runamok Salted Caramel
- 1 tbsp warm water
- 1 teaspoon vanilla
- 3 oz dark chocolate, I used Theo 70% dark chocolate
- 1 tbsp coconut oil (plus a dash extra to grease the dish)
- Sea salt flakes, Maldon is my favorite
- Gold sprinkles

Parchment paper

Instructions:

1. In a blender, combine dates, almond flour, peanut butter, maple syrup, water, and vanilla. Blend until smooth. If you don't have a blender, you can mix manually with a fork or spoon.
2. Line a rectangular freezer-safe dish (I used Pyrex 3 cup | 5.6" x 7.6") with parchment paper and grease it with coconut oil.
3. Spread the mixture evenly in the dish, aiming for a thickness of around ½ inch. Freeze for an hour.
4. In a microwave-safe dish, heat chocolate and coconut oil for 15-30 seconds. Stir after 15 seconds and continue checking every 5-10 seconds to avoid burning the chocolate.
5. Remove the date mixture from the freezer and the dish, keeping it on the parchment paper. Cut it into 1" pieces.
6. Coat each piece in the melted chocolate and place it back on parchment paper (set on a dish for mobility). Sprinkle sea salt flakes and sprinkles on top.
7. Chill in the fridge for 10 minutes until the chocolate hardens. Take it out and enjoy!

Store in the fridge or freezer!

Love,

Colie