

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Salted caramel slice

Want to impress your guests without jumping on the sugar train this season. Try this delightful salted caramel slice, sugar free, and will surely hit the spot.

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### Ingredients:

Prep: 15 mins

#### *Base:*

Cook: N/A mins

Cashews 2 cups  
Desiccated coconut 1 cup  
Maple syrup ½ cup  
Vanilla bean powder 1 tsp

Serves: 6

#### *Caramel:*

Medjool dates, soaked in hot water 2 cups  
Natural almond butter ¾ cup  
Cinnamon ½ tsp  
Sea salt ½ tsp

#### *Chocolate layer:*

Cacao butter 1 cup  
Cacao powder ¾ tbsp  
Sea salt ½ tsp  
Maple syrup / liquid stevia to taste

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### Directions:

1. In a food processor add the cashews, coconut and vanilla. Blitz together.
2. Slowly add your maple syrup with the motor running, until a crumbly dough comes together. Depending on the oiliness of your cashews, you may need a little more or less.
3. Tightly press the cashew base into a lined brownie pan with the back of a spoon and refrigerate.
4. Make the caramel by blending together to soaked dates, salt, almond butter, and cinnamon.
5. Pour the caramel over the biscuit base and refrigerate.
6. To make the chocolate top, heat the cacao butter until liquid over a medium heat, then mix through the cacao powder, salt and sweetener to taste.
7. Pour the chocolate mixture over the top of the caramel filling and allow to set in the refrigerator for 4 hours, or overnight.

8. Slice and serve!

TIP Allow the slice to come to room temperature for 15 minutes for the best flavour.

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