Chocolate Caramel Slice (with intolerance friendly options)

Seeings how it is Easter, I think it is the perfect time (and excuse) to make a chocolate caramel slice! Of course caramel slice can be eaten anytime of the year (and really, why do we need to make excuses to eat a slice of yumminess?)! As sweet treats go, this is quite nutritious (but obviously in moderation).

There are lots of caramel slice recipes going around, but I decided to put my own twist on it and also make it dairy, egg and gluten free, vegan and low FODMAP with a yummy nutty flavour (though you can make this nut free too!). I have given you a few options within the recipe so that you can choose which you fancy the most.
I hope that you enjoy the slice and have a lovely weekend, however you spend it.

Important note: You will definitely need a stack of napkins on hand when you eat this!

Base

6 dates (you can swap this out for about 4 tablespoons of maple syrup)
1/4 cup coconut oil
3/4 cup almond meal (if you want to make this nut free, you can use plain flour/gluten free plain flour – bake the base if you are doing this. You may need to add a little more oil until you have a moist but firm mix)
1/3 cup desiccated coconut

1. Place dates/syrup, coconut oil, almond meal (or flour) and desiccated coconut into a food processor and blend until you have a fine crumb mixture.
2. Press the mix firmly into a pan lined with baking paper.
3. At this stage, you can **either**
keep this a raw slice and put it into the fridge to set (this will result in a base that is a little soft and moist).
or
put the base into an oven preheated to 180 degrees for about 15 minutes or until golden. Remove and let it cool (this will result in a slightly firmer and more cookie – like base).

Caramel Layer

1/2 cup pure maple syrup
1/2 cup nut butter (you can make it nut free by using butter here – either dairy or dairy free)
1/2 cup coconut cream
2 teaspoons pure vanilla extract

1. Heat the maple syrup in a small non stick pan until it’s bubbling for about 10 minutes. It will become thick and should stick to the spoon.
2. Add the butter until it is melted and combined.
3. Stir in the coconut cream and vanilla extract and remove from the heat.
4. Set aside to cool and then put it into the freezer until it’s thick and firm, and then remove.
5. Oil from the nut butter will probably separate. If so, stir

the mixture until combined and creamy.
6. Scoop the caramel onto the base and make it a smooth layer.
7. Return to freezer.

Chocolate topping

150 g chocolate (I use 70% + 85% dark chocolate)
1 cup coconut cream (optional)

1. Melt the chocolate in a heat proof bowl over a small pan with water on a low heat.
You can leave the topping at this to keep it simple and crisp.
or
2. *Add the coconut cream* until melted and creamy.

OR

1/3 cup cacao
1/2 cup maple syrup
1/4 cup coconut oil

1. Combine the ingredients in a heat proof bowl over a small pan with water on a low heat until smooth (this will make a creamy, soft topping).

Pour the chocolate mix that you've chosen over the caramel layer and gently tap the pan until it becomes smooth. Return to the freezer. Slice into squares or strips when it is firm (using a warm knife can help).

Store in an airtight container in the fridge or freezer.

Please let me know below if this takes your fancy and if you

make it. What’s your favourite way to eat a sweet slice? With a cuppa, a glass of milk, a bowl of ice cream or do you savour it by itself? Any other serving suggestions?!