

Caramel Biscuit Bars



This weeks Recipe of the Week is another sweet vegan treat from Meg Phillips. This time its a 'Caramel Biscuit Bar'....half slice, half biscuit, it has a beautiful caramel flavour with a delicious sweet almond base, crunchy toasted macadamias and of course in Meg's usual style finished with chocolate. Enjoy.

Ingredients:

For the Base:

3 cups of blanched almond meal

1/3 cup coconut oil, melted

1/3 cup maple syrup

Method:

1. Combine all ingredients in a bowl until a biscuit like dough forms
2. Press the mixture into a rectangular tin lined with baking paper and bake in the oven at 180 degrees celcius for 20 minutes
3. Remove from the oven and allow to cool

For the caramel:

1 cup of dried pitted dates, soaked in hot water for 10 minutes

1/3 cup of hulled tahini

3 tablespoons of maple syrup

1 tablespoon coconut oil

Handful of roasted macadamia nuts

1 tablespoon of sesame seeds

Method:

1. Add all ingredients except for the macadamias and sesame seeds into a blender and process until smooth and creamy
2. Once the base has cooled and firmed, spread this caramel mixture over the top and

- sprinkle the macadamia and sesame seeds on top
- 3. Set in the freezer for around 1 hour
- 4. Once the caramel feels firm cut the slice into small squares

Chocolate Coating:

200g Loving Earth Milk Chocolate (available in store) OR dark chocolate buttons

Method:

- 1. Melt the chocolate over a low heat stove or in the microwave
- 2. Dip half of each bar in the melted chocolate and then place on a tray lined with baking paper
- 3. Transfer the tray to the fridge and allow the chocolate to harden

Gluten Free | Dairy Free | Vegan