

Caramel Coconut Slice (Gluten Free)



You will love this simple and delicious gluten free slice made from just almond, coconut and maple.

Ingredients:

For the Base

- 1 cup natural almond meal
- 1 cup desiccated coconut
- 3 tablespoons almond Butter
- 3 tablespoons coconut oil

Method:

1. Melt almond butter and half of the coconut oil
2. In a bowl combine the almond meal & desiccated coconut
3. Pour the melted mixture into the almond meal mixture and combine well. (If still dry, add the rest of the coconut oil and mix again)
4. Line a loaf tin (210x120cm) and press mixture firmly into the tin.
5. Refrigerate whilst making the caramel topping.

For the Caramel Topping

- 4 tablespoons Almond Butter
- 3 tablespoons Maple syrup
- 1 tablespoon Coconut Oil
- 3 tablespoons shredded coconut

Method:

1. In a saucepan on low to medium heat, melt all ingredients together and stir well
2. Pour the caramel mixture onto the base mix and refrigerate for 1 hour.
3. Top with shredded coconut before serving cold

Note:

Keep stored in the refrigerator

Gluten Free | Dairy Free | Refined Sugar Free | Gourmet | Vegan | Paleo