



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:

Combine all ingredients in a bowl until a biscuit like dough forms
Press the mixture into a rectangular tin lined with baking paper and bake in the oven at 180 degrees celcius for 20 minutes
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:

Add all ingredients except for the macadamias and sesame seeds into a blender and process until smooth and creamy

Once the base has cooled and firmed, spread this caramel mixture over the top and sprinkle the macadamia and sesame seeds on top

Set in the freezer for around 1 hour

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:

Melt the chocolate over a low heat stove or in the microwave

Dip half of each bar in the melted chocolate and then place on a tray lined with baking paper

Transfer the tray to the fridge and allow the chocolate to harden

Gluten Free | Dairy Free | Vegan