



## RAW CARAMEL SLICE

This is our first recipe from local Sports & Exercise Student Meg Phillips. Meg has a passion for healthy plant based food and has shared with us her take on a Raw Vegan Caramel Slice made with a combination of dates, nuts, coconut oil and maple syrup. This recipe has been a hit on Meg's Instagram page. You can see more of Meg's recipes here [@\\_megphil](#)

### Ingredients:

#### For the base:

- 2 cups of whole natural almonds
- 1/2 cup of raw cashews
- 1/2 cup of medjool dates (soaked in hot water for 10 min)
- Pinch of fine pink Himalayan salt
- 2 tbsp melted coconut oil
- 2 tbsp maple syrup

### Method:

1. Process the almonds and cashews to a fine powder in a high speed blender or food processor.
2. Add the remaining ingredients and process until it becomes a dough that sticks together well.
3. Press this mixture into a tin lined with baking paper (tin will need to be fairly deep approx. 6cm deep).

#### For the caramel layer:

- 15-20 Medjool dates (seeds removed and soaked in hot water for 10 min, if your dates are quite large you may only need the smaller amount)
- 1 cup of tahini
- Pinch of fine pink Himalayan salt
- 1/4 cup coconut oil (melted)
- 1/4 cup of maple syrup

**Method:**

1. Process all ingredients in a blender or high speed food processor till smooth.
2. Pour this mixture over the base and set in the freezer while you melt the chocolate.

**For the chocolate topping**

100g Loving Earth Mylk chocolate

**Method:**

1. Melt the chocolate and pour over the caramel and set in the freezer for a few hours.
2. Serve cold and enjoy.

**Gluten Free | Dairy Free | Raw | Vegan | Refined Sugar Free**

If you are into raw foods you can also try our [Chocolate Magnesium Slice](#)