



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:

Melt almond butter and half of the coconut oil

In a bowl combine the almond meal & desiccated coconut

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)

Line a loaf tin (210x120cm) and press mixture firmly into the tin.

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:

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

Note:

Keep stored in the refrigerator

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