

Clean Eating

RAW PECAN CHOCOLATE CARAMEL SLICE



INGREDIENTS

Base

- 1/2 cup almonds
- 1/2 cup Medjool dates (pitted)
- 2 tbsp coconut oil
- 3 tbsp raw cacao powder
- 2 tbsp raw honey

Caramel Pecan Layer

- 1 cup Medjool dates (pitted)
- 1/2 cup coconut oil
- 3 tbsp tahini
- 1 tsp vanilla
- 2 tbsp raw honey
- 1/4 cup chopped pecans

Top Layer

- 1/4 cup coconut oil
- 1/4 cup maple syrup
- 1/4 cup raw cacao powder
- 1/4 cup chopped pecans

it's about the

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DIRECTIONS

- To make the base first, pulse dates, almonds, coconut oil, raw cacao, and honey in the food processor into a crumble. Press this mixture into a lined slice tin, pressing down until smooth. Place in the freezer while you create the middle layer.
- To make the caramel pecan layer, place dates, coconut oil, tahini, vanilla, and raw honey in the food processor. Process until smooth. Add in the chopped pecans and pulse lightly. You want the nuts to be throughout the mix.
- Pour the caramel pecan layer on top of the base, smooth this layer and return to freezer to set.
- Mix together the melted coconut oil, raw cacao, and sweetener until smooth.
- Once the caramel pecan layer is fully set, top with the chocolate layer and chopped nuts. Return to the freezer.
- To serve, remove from freezer and slice while still frozen.

NOTES

Standard slice tin size 27cm x 17.5cm x 3.5cm / 11 in x 7 in x 1 1/2 in

If you don't have a slice tin, a square tin or glass dish would work well too.