

Superfood caramels

Search:

- [Desserts](#)
- [Recipes](#)

Superfood caramels

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); })(document, 'script', 'facebook-jssdk');
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Superfood caramels



Rate this recipe

0 people are cooking this [Count me in](#)

These chocolatey treats are sprinkled with bee pollen, one of nature's most nourishing foods.

Ingredients (makes 6)

Caramel

- 1 heaped tbsp tahini or [almond butter](#)
- ½ tbsp melted [coconut oil](#)
- 2 tbsp rice malt syrup
- ½ teaspoon natural [vanilla](#) extract
- 10 g baobab powder (optional)
- Pinch Himalayan sea salt

Chocolate

- 1 tbsp melted coconut oil
- 1 tbsp raw [cacao](#) powder
- 1 tsp rice malt syrup

Superfood caramels

Garnish

- 1 tbsp [bee pollen](#)

METHOD

In a bowl, add the tahini (warmed slightly if possible), coconut oil, rice malt syrup, vanilla and salt.

Stir until thoroughly combined, then add the baobab if using, and stir again until thickened.
Refrigerate while prepping the chocolate mix.

Mix all chocolate ingredients together until smooth.

Roll cool caramel into balls and dip in the chocolate.

Sprinkle with bee pollen and freeze for 15 minutes until set.

Tip: Rice malt syrup can be substituted with raw honey or maple syrup, as desired.

Recipe and images by [Sally O'Neil](#)

NEXT: [Fig and fruit bread fancy](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```