

Paleo Salted Caramel Slice

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Tuck into this delightful salted caramel treat and if by any chance you have leftovers, store them for snacks.

Ingredients Serves 8

- 200 g pitted [medjool dates](#)
- 100 g tigernut flour
- 100 g pecan or [almond meal](#)
- 2 tbsp cashew butter
- 1 tbsp rice malt syrup
- 1 tbsp cashew butter (extra)
- 1 tsp natural vanilla extract
- ½ tsp Himalayan sea salt
- 3 tbsp raw [cacao powder](#)
- 3 tbsp coconut oil
- 1 tbsp rice malt syrup

Method

Soak the pitted dates in hot water for 10 minutes.

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In a bowl add the tigernut flour, nut meal, cashew butter and rice malt syrup.

A little at a time, pour in the leftover date water in the bowl and mix until a dough forms.

Press the dough into the bottom of a lined baking dish and set aside.

Make the caramel by processing the soaked dates in a food processor or blender with the cashew butter, vanilla and salt until smooth.

Spread the caramel over the dough layer.

Place the cacao, oil and rice malt syrup in a heatproof bowl over a saucepan of simmering water and stir for 2 to 3 minutes or until well combined. Pour over the date caramel and freeze for 1 to 2 hours or until set.

Slice into bars and serve.

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