

# Chocolate, Amaranth and Miso Caramel Slice

*Prep Time: 60 minutes*

*Cook Time: 20 minutes*

## Ingredients

### Base

- 1 ¼ cup almond meal
- ½ cup desiccated coconut
- 120g pitted dates (soaked until soft)
- ¼ cup cashew butter
- ¼ cup hulled tahini

### Topping

- 200gm Bennetto Amaranth & Sea Salt

### Miso Caramel

- 1 cup coconut sugar
- ~1/2 cup dates, soaked in hot water (few hours)
- 1 tin coconut cream
- ¼ cup smooth casher butter
- ¼ cup hulled tahini
- 1-2 tbsp white miso paste
- 1 teaspoon vanilla extract



## Method

1. Preheat oven to 160 degrees. Combine base ingredients in a food processor until it resembles fine breadcrumbs.
2. Using the back of a spoon, press into a lined baking tin and refrigerate for 30 minutes while you make the caramel.
3. Place all the ingredients for the caramel in a large pot and cook, stirring constantly, for 10 minutes or until thickened.
4. Take base from fridge & pour caramel evenly over the top. Bake for 20 mins
5. Once caramel is golden brown and lightly set, remove from oven. Allow to cool for 10 mins before refrigerating until cold.
6. When the slice has completely cooled, melt chocolate (and coconut oil if using) over in a bowl over a pot of boiling water. Pour evenly over the caramel and return to the fridge for 15 mins