

Chocolate Caramels

If you need a sweet treat try these little caramel candies. They are made with dates, chocolate and coconut flour. Easy to make and sure to satisfy your sweet tooth.

Prep:
15 minutes

Cook:
15 minutes

Ready In:
30 minutes

Servings:
20



Ingredients

20 pitted dates, soaked (500g)
4 tbsp coconut flour*
1 tsp vanilla extract
1/2 cup vegan chocolate chips
cracked sea salt

Instructions

1 Pit your dates and soak them in water for about an hour. Drain the water and pat them dry. Add your dates, coconut flour and vanilla into a food processor and blend until combined. You may need to add 1-3tbsp extra coconut flour depending on how wet your dates were. You want this to come out like play dough, it should be moldable and not super sticky.

2 Use a small spoon or tablespoon and scoop out some of the mixture. Roll into a ball and set to the side. If they are still a bit sticky you can roll them in a little extra coconut flour. Repeat this process until you have used up all of the mix.

3 In a small saucepan add in enough water to fill it about 1/3 of the way. Bring the water to a boil, then reduce the heat to low. Place a ceramic bowl over top and add in your chocolate. Stir the chocolate continuously until it melts. Using a toothpick take the date pieces one by one and dip them in the melted chocolate. Place on parchment paper and top with cracked sea salt.

4 You will want to place these in the fridge to firm up a bit. I actually think they are best frozen, they are like little ice cream caramel bites.

5 A few notes - You can use almond flour as a substitute, the coconut just gives it a really nice flavor. If you want to make them lower in fat you can also use very fine oat flour. If you don't want to go through the trouble of making these into small bites you can press the date mixture into a small baking pan lined with parchment paper and just drizzle the chocolate over top to make bars.

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