

 trade aid



# Chocolate Salted Caramel bars

With chocolate and salted caramel this recipe is so delicious, everyone will ask for the recipe! Perfect for picnics, school lunches, or just a fair trade treat whenever the mood strikes. This recipe is gluten free and can easily be made vegan.

## Ingredients:

### Base layer:

100g	Almonds*
100g	Cashews*
4-5 tbs	Coconut oil (melted)*

### Topping:

200g	Rich Milk Chocolate*
------	----------------------

### Caramel filling:

300g	Pitted dates*
100g	Almond or Peanut butter
4 tbs	Coconut oil (melted)*
¼ tsp	Salt (generous pinch)

## Method:

1. To create the base blitz the almond and cashews in a food processor and add the coconut oil. Mix well and press into the base of the lined loaf tin and refrigerate.
2. To prepare the caramel filling place the dates, nut butter and coconut oil in the food processor and blitz. Keep blitzing until it comes together. (You may need to add a 1 or 2tbsp of water depending on how smooth you want the caramel).
3. Spread the caramel layer over the base and refrigerate.
4. Meanwhile melt the chocolate and pour over the top of the caramel layer and leave to set in the fridge for an hour or two.
5. Turn the bar out of the loaf tin and cut into desired pieces.

## Tip:

Fix and Fogg super crunchy peanut butter works really well in this recipe. When blitzing the nuts don't blitz into a powder. A more crumbly texture works better with the bar. If you want a vegan version just swap out the milk chocolate with dark.

**\*Find this ingredient at your local Trade Aid store or stockist.**

**See [www.tradeaid.org.nz](http://www.tradeaid.org.nz) for more recipes**