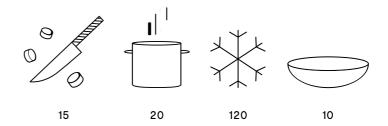




Vegan Salted Caramel Almond Butter Cups

Look at these beautiful vegan treats, created by Sunshine Susan Seriously they taste as good as look!



Ingredients

Base layer
85g of ground almonds
20g of oats (GF if required)
1 tbsp of The Groovy Food organic virgin coconut oil
1 tbsp of almond butter
dash of Himalayan Pink Salt, vanilla and cinnamon

Salted Caramel layer

135g of dates (soaked in hot water for 10 minutes) 2 tbsp of The Groovy Food Organic Agave Nectar, Light Amber & Mild

3 tbsp of The Groovy Food Company organic virgin coconut oil

20g of The Groovy Food organic coconut sugar 1 heaped tsp of maca powder dash of vanilla and cinnamon 1/4 tsp of Himalayan Pink Salt

Chocolate Layer

4 tbsp of The Groovy Food Company organic virgin coconut oil

Directions

To make the base:

- 1. Mix all the ingredients in a food processor, if too oily add in more oats.
- 2. Place 10 cupcake cases in a muffin tray and devide the mixture forming the flat bottom layer.
- 3. Place in the freezer, whilst you mak ethe next layer.

To make the salted caramel layer:

1. Combine all the ingredients for the salted caramel layer in a food processor, until you get a caramel-like mixture. If the mixture is a little dry, add a teaspoon at a time of the date water (that you soaked the dates in) until the correct consitency is formed. Layer the mixture on top and return to the freezer.

To make the chocolate layer:

1. Gently heat up the coconut oil in a saucepan, combine the

4 tbsp of cacao powder 2 tbsp The Groovy Food Company Organic Agave Nectar, light amber & mild dash of vanilla extract rest of the ingredients and mix well.

- 2. Layer approximately 2 tsp on top of each cupcake and return to the freezer to set for at least 1-2 hours or overnight.
- 3. These are best kept in a freezer.