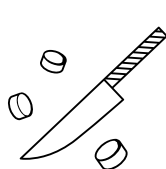


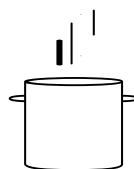


## Vegan Salted Caramel Almond Butter Cups

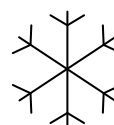
Look at these beautiful vegan treats, created by [Sunshine Susan](#). Seriously they taste as good as look!



15



20



120



10

### 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:

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

To make the salted caramel layer:

- 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 consistency is formed. Layer the mixture on top and return to the freezer.

To make the chocolate layer:

- 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.