

beauty food.

COLLAGEN
CARMEL SLICE

Recipe



COLLAGEN

caramel slice

beauty
food.

SERVES 16

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

10G SUGAR/SERVE

PREP ~ 30 MINS + 2 HOURS SOAKING TIME

COOK ~ 20 MINS

Umm, healthy, gluten-free, dairy-free and refined-sugar free caramel slice anyone? This Collagen Caramel Slice made with the Beauty Food Bioactive Marine Collagen Powder, is the perfect recipe for a celebration with friends, or just to make up to have some healthy snacks on hand.

INGREDIENTS

BASE LAYER

- 1 ¼ cup gluten-free plain flour
- ½ cup almond meal
- ⅓ cup coconut sugar
- ⅓ cup coconut oil, melted or softened
- Pinch sea salt

CARAMEL LAYER

- 1 cup raw cashews, soaked in water for 2 hours
- 200g Medjool dates, pitted
- ¼ cup coconut milk
- 2 tablespoons coconut oil
- 1 tablespoon Beauty Food Bioactive Marine Collagen Powder
- Pinch sea salt flakes

CHOCOLATE LAYER

- 150g 70% dark chocolate, roughly chopped

METHOD

Preheat an oven to 180°C and line a 20cm x 30cm baking tin with baking paper.

To make the Base Layer, add all ingredients to a food processor and blitz until you form a dough. If the dough isn't coming together add a dash of water until it does. Press into the base of the prepared baking tin. Place into the oven to bake for 10 minutes until lightly golden. Remove and allow to cool until firmed up.

Meanwhile, clean out your food processor and add all ingredients for the caramel layer (ensuring you've soaked your cashews in advance - they won't get smooth otherwise!). Blitz for a few minutes until you form a creamy smooth paste. Spread evenly over the base layer.

Add the chocolate into a small saucepan and heat over low heat for 3-4 minutes until mostly melted. Remove from the heat and continue to stir until all the chocolate is melted. Drizzle and spread over the caramel layer until all covered. Place into the freezer to set for 2 hours before slicing into squares to serve.