



Keto caramel slice

Modified from the Big Man's World site, this is sooo easy to put together and is a real treat.

Makes 20 pieces. Per serve: Cal: 288; Fat: 28.1g; Pro: 5.4g; Carbs: 2.3g

Serves: 20, Prep time: 00:15, Cook time: 00:00

Instructions

Line a loaf tin or use a silicon tin.

Melt the coconut oil and mix half of that in to the almond meal, coconut flour and half of the vanilla extract until mixed through and sticky.

Press this into the base of the loaf tin and place the loaf tin into the freezer.

Using stove top, heat the almond butter, rest of the coconut oil, vanilla extract and the stevia together and whisk until the stevia melts (and is not grainy) and the mixture is smooth. Get the base out of the freezer and pour this mixture over the top, putting back into the freezer.

In another bowl, chop up the chocolate bars and melt either in the microwave or over hot water in a double boiler on the stove top until the chocolate is melted

Ingredients

- 250 milliliters Coconut oil (8.5 oz (U.S.))
- 2 cups Almond meal
- 2 tablespoon Coconut flour
- 1 tablespoon Unsweetened vanilla extract
- 250 grams Almond butter, smooth (9 oz)
- 0.5 cups Equal Natural Sweetener (Stevia)
- 180 grams Well naturally chocolate bar (6.5 oz)
- 1 teaspoon Coconut oil

(we used heat at around 50% and melted it for two minutes). Add the teaspoon of coconut oil and stir the chocolate until fully melted.

Pour the chocolate mixture over the base and filling and place back into the freezer to let it set for at least an hour.

When set, bring out and cut into 20 pieces, transferring to a container to keep in the fridge or freezer.

Enjoy!

(Recipe modified from this <https://thebigmansworld.com/millionaire-shortbread-recipe/>)

