



cara price

CHOCOLATE CARAMEL BARS

INGREDIENTS

crust

- 10 large, pitted dates (4.5 ounces)
- 1 cup pecan halves
- 2 tablespoons coconut butter
- 1 teaspoon vanilla
- 1/2 teaspoon salt

caramel layer

- 1/2 cup smooth cashew butter
- 1/2 cup honey
- 2 tablespoons ghee (soft but not melted)

chocolate layer

- 3/4 cup dark chocolate chips

DIRECTIONS

line an 8x8 glass dish with parchment paper, crease the paper into the corners, leaving excess paper folded over the top & sides of the dish.

place the dates & pecans in the bowl of a food processor, process until crumbly. then add in the coconut butter, vanilla & salt. process again. you want this mixture to be finely ground but not smooth.

dump the mixture into the dish & place another piece of parchment paper on top of it & press it down really firm {i use the bottom of a glass to do this because it really packs it down}

wipe out the bowl of your food processor & place the cashew butter {make sure it is not excessively oily from natural separation}, honey & ghee. process until completely mixed, scraping sides & bottom fo the bowl as necessary.

pour this mixture over the crust & evenly spread it all the way to the edge of the dish. place in the freezer 45-60 minutes.



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DIRECTIONS - CONTINUED

add the chocolate chips to the bowl of a double boiler {watch this video if you don't know how to do this} & whisk until completely melted.

take the bars out of the freezer & let them sit on your counter about 2-3 minutes, otherwise your chocolate will harden too fast to smooth it out.

pour the melted chocolate over the caramel layer & quickly smooth it all the way to the edges of the dish. freeze another 20-30 minutes.

remove from freezer & lift the parchment out of the dish. using a sharp knife, cut into squares while still frozen.

store in the fridge for up to 5 days.