Chocolate Date Caramel Cups

If you have a sweet tooth, this is the perfect treat without overindulging! The caramel is cleverly made from dates, and the recipe also uses natural cashew butter and dark chocolate, which are both healthier alternatives compared to other butter and chocolate options.

This recipe is vegan, gluten-free, dairy-free and egg-free. The nut butter options can be changed dependent on any nut allergies e.g. swap to almond butter.

Ingredients

1/4 cup cashew butter

1/2 cup pitted Medjool dates

1/4 tsp sea salt flakes

280 g dark chocolate, chopped

1 tsp coconut oil

3 tbsp unsweetened coconut flakes

Method:

1. Line a muffin tin with 16 mini cupcake cups.
2. Put dates and ¼ cup of very hot water into a food processor, add the salt and blend together

until it's smooth.

3. Melt the chocolate and oil in a bowl on a water bath or in the microwave until the chocolate is melted and the oil is incorporated.
4. Fill a piping bag with the melted chocolate, snip a small opening at the end and pipe the chocolate in the cup halfway up, covering the sides and the bottom, about 1-2 cm thick. Refrigerate for 3-5 min for the chocolate to set.
5. Spoon ¼ tsp of date caramel and ¼ tsp cashew butter into the chocolate cup, flatten them a little with the back of the spoon. Pipe the rest of the melted chocolate on top to seal the caramel in.
6. While the chocolate is still wet, gently tap the cup to flatten the top and sprinkle the coconut on top.
7. Let them set in the fridge for another 5mins. Store them in an airtight container.