

# Food Babe's Salted Caramel Brownies



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	3 hrs	3 hrs, 15 mins	9

<https://foodbabe.com/three-no-bake-cool-refreshing-healthy-desserts-just-time-summer>

## Ingredients:

- 1 cup walnuts
- 1 cup almond
- ½ cup cacao powder
- ⅛ teaspoon sea salt
- 11 medjool dates
- 2 tablespoons coconut oil, melted
- 2 tablespoons maple syrup - grade B
- 1 teaspoon pure vanilla extract

## Caramel Sauce

- 3 tablespoons almond butter (nut allergy - use sunflower seed butter)
- 1 tablespoon raw honey (get local if possible)
- ½ teaspoon pure vanilla extract
- 1 pinch sea salt

## Instructions:

1. Place the walnuts and almonds in a food processor and pulse until finely chopped. Add the cacao and salt and pulse to combine. With the food processor running, add the dates, one at a time until they are all combined. Add the coconut oil, maple syrup and vanilla.
2. Line a 8x8 baking pan with parchment paper and place the brownie mix in the pan. Press down to form an even layer.
3. To make the caramel topping, whisk together the ingredients in a small bowl. Drizzle some of the caramel topping over the brownies and place the pan in the refrigerator for 2-3 hours to set. Cut into squares and enjoy!

## Notes:

- Please use organic ingredients if possible