

Salted Caramel Tart

Hands On Time: 15 minutes

Total Time: 30 minutes, plus chilling

Serves 8 slices



Salted. Caramel.

Do I need to say anymore? This rich and lush tart is the perfect end to a dinner party or special meal for your loved one.

Enjoy!

INGREDIENTS:

Crust:

- 1 ½ cups of almond flour
- ½ cup of cacao powder
- 1/3 cup of Sukrin Icing
- 6 tablespoons of coconut oil, measured solid

Filling:

- 1 ½ cups of almond butter (or nut butter of choice)
- ¾ cup of coconut oil
- ¾ cup of Sukrin Gold syrup
- ¼ cup of Sukrin Gold
- 3 teaspoons of vanilla
- Sea salt to taste

METHOD:

Pre-heat your oven to 350° F, fan-forced.

Grease a fluted 9.5 inch tart pan.

Place the dry crust ingredients into a mixing bowl.

Melt the coconut oil and add to the dry ingredients and mix well until completely combined.

Spoon the mixture into the pan and use your fingertips to press the base into place.

Continue working until the base is evenly covering the base and sides of the pan.

Bake for 12 minutes.

Remove and let cool while you prepare the filling.

To make the filling, place all of the ingredients, except for the salt, into a small saucepan and heat over medium heat until they melt and start to come together.

You will need to use a bit of elbow grease to thoroughly combine the ingredients, or else the coconut oil may separate a bit while cooling. If this happens, don't panic, it won't affect the flavour. You can run the back of a warm spoon over the top to reset the finish just prior to serving. I won't tell if you don't.

Once you have everything well mixed you can either add your sea salt now to the filling, which is my preference, or you can sprinkle it over the top before serving.

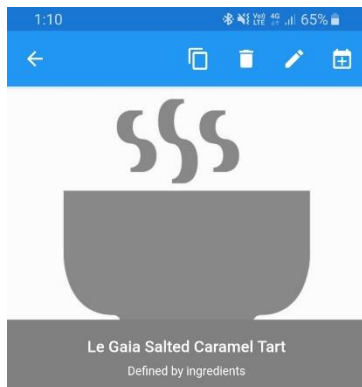
Pour the caramel into the shell and sit in the fridge to set.

You can also set this tart in the freezer but keep an eye on it to make sure it doesn't start freezing.

Garnish with salt flakes, cacao powder, chocolate curls or drizzled melted chocolate.

Store, covered with cling wrap, in the tart pan for up to 5 days.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
7.8 grams	13.9 grams	64.4 grams	760 kcal

Calories from carbs 4.7%, protein 8.3%, fat 86%.

• Total Carbs 39.8 grams • Fiber 32 grams • Sugars 6 grams

• Saturated Fat 27.9 grams • Sodium 169 mg(7.4 %RDA)

• Magnesium 207 mg(51 %RDA) • Potassium 557 mg(27.9 %EMR)

Ingredients (makes 8 servings)

1 ½ cups of almond flour 150 grams
(blanched ground almonds,
almond meal)

½ cup of cocoa powder, raw 43 grams
(cacao)

⅓ cup of Sukrin Icing,
powdered sugar substitute 53.3 grams

6 tbsp of Oil, coconut 81.6 grams

¾ cup of coconut oil, extra
virgin 163.5 grams

1 ½ cups of almond butter 375 grams
(organic, unsweetened)

¾ cup of Sukrin Fiber Syrup 255 grams
Gold

¼ cup of Sukrin Gold, brown 40 grams
sugar substitute

3 tsp of Vanilla extract,
imitation, alcohol 12.6 grams

½ tsp of salt, sea salt 3 grams

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