



Ashley's Meal Prep Monday!



Vegan Caramel

INGREDIENTS

- 1 can coconut cream (set any liquid aside) - or can of coconut milk (refrigerated overnight)
- 1 TBSP tahini or cashew butter
- 10 soft medjool dates - pitted (if not soft, soak in water for about 20 minutes until soft and drain)
- 2 TBSP arrowroot flour - or cornstarch
- 1 TBSP coconut sugar
- 1/4 TSP sea salt



Add the can of coconut cream, setting aside any liquid in the can, to a high speed blender. If you're using a can of coconut milk, add only the white cream at the top of the can.

Next add the tahini/cashew butter, dates, arrowroot flour, coconut sugar, and sea salt. Add some juice from the can of coconut cream/milk only until the blender starts spinning - discard the remaining. Blend for roughly a minute or so until creamy.

Transfer the sauce to a saucepan. Turn the heat to low, it should not be simmering. Heat for about 15 minutes or so, stirring constantly until thickened to your liking. Remove from heat.

Transfer to an airtight container and place in the fridge. The caramel will thicken more as it cools.

Use as a dip for fruit or drizzle on top of ice cream or another desert!

Recipe: veggiechick.com

