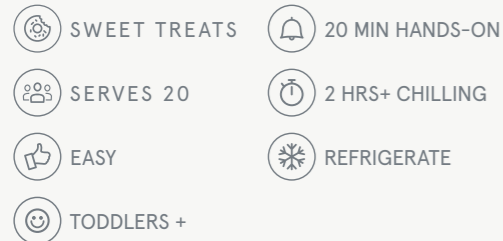


The Nutty Millionaire



A melt-in-your-mouth biscuit, almond butter caramel and rich chocolate topping... dreamy.

I've wanted to make a treat like this for a while; something deliciously sweet and indulgent, but without indulging in lots of refined sugar.

So here it is, the Nutty Millionaire... simple, gluten-free, no need for baking... and it won't cost you a million bucks to make.

STEP 1

80 g gram flour*
40 g oat flour**
60 g unsalted butter, room temperature
50 g coconut sugar

STEP 2

6 medjool dates, pitted and roughly chopped
5 tbsp boiling water
80 g almond butter (or any nut butter)
1/2 tsp vanilla bean paste

STEP 3

100 g dark chocolate (70% + cocoa)
20 g unsalted butter, room temperature
2 tbsp maple syrup (optional)
1 tbsp maca powder (optional)

TO FINISH

a few crushed pistachios
sprinkle of edible rose petals
sprinkle of desiccated coconut
or whatever takes your fancy.

*If you don't have gram flour, buckwheat (gluten-free) or wholemeal flour will do.

**To make oat flour, simply blitz oats in a blender for 10 seconds.



By using some smart ingredients, we've kept this treat as healthy and refined sugar-free as possible.

Gram flour gives a protein punch, oats and dates provide fibre, while the nut butter offers healthy fats. Topped off with dark chocolate - a potent source of antioxidants.

MAKE THE BASE

With parchment paper line a 20 x 20 cm (8" x 8") deep baking tray. In a large frying pan over a low heat toast the gram flour and the oats. Toast for 8-10 minutes, frequently stirring to stop the flour burning. Move the flour to one side of the pan. Pour in the sugar and butter to the other side. Once the butter has melted, quickly incorporate into the flour. Mix and pour into the baking tin. Chill in the fridge while you make the nutty centre.

NUTTY CENTRE

Add water and dates to a blender and leave to soak for 5 minutes. Add the nut butter and vanilla bean paste. Blend until you have a smoothish caramel paste. You might need to scrape down the sides a couple of times; it's ok if chunky in places. Pour the mixture into your base and level it out with a spatula. Chill in the fridge while you make the chocolate top.

CHOCOLATE TOP

Break the chocolate into a bowl. Put it in a microwave on high until melted. (Try bursts of 30 seconds). If using, add in the butter, maca powder and maple syrup and combine well. Pour and level the mixture onto your nutty centre layer. Sprinkle with your choice of topping. Chill in the fridge for 2 hours before enjoying.

TO STORE

Store in the fridge in an airtight container for up-to 5 days. Or enjoy at room temperature.

USFEW TIPS

To bring butter to room temperature, take it out of the fridge about 30 minutes before you plan to use it.



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