



COCONUT CARAMEL SLICE

Delicious treat to enjoy!

 20 minutes

 35 minutes

 28 portions

INGREDIENTS

- 200 grams (1 cup) of flour, plain self rising white flour
- 150 grams of coconut, desiccated OR try 1 cup coconut flour
- 100 grams (1/2 cup) of sugar, brown
- 100 grams of butter, regular
- 30 grams of butter, regular (filling)
- 50 grams (2 Tbsp) of syrup, golden
- 400 grams of milk, canned, condensed, sweetened

COOKING METHOD

- 1° Preheat oven to 180 degrees Celsius. Line a 30 cm x 20 cm slice dish with baking paper.
- 2° BASE: Place white flour and coconut flour into a bowl. Combine brown sugar and butter in a small saucepan until sugar is dissolved. Add the syrupy mixture to the dry ingredients, mix. Press the mixture into the slice dish and bake for 10 minutes or until the base starts to brown. Remove from the oven and allow to cool.
- 3° FILLING: Combine the second measure of butter, brown sugar and condensed milk into a small saucepan. Cook on medium heat until it turns brown and the sugar is dissolved. Pour over the base and return to the oven for about 10 - 15 minutes until it turns darker brown and bubbles at the edges of the dish. Remove from the oven and allow to cool. Once cool, remove from the dish and slice. Place into an airtight container and keep cool in the fridge. Enjoy!!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (37 g)	% DRI
ENERGY	423 kcal	156 kcal	8 %
FAT	23 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	16 g	6 g	30 %
CHOLESTEROL	40 mg	15 mg	5 %
SODIUM	143 mg	52 mg	2 %
CARBOHYDRATE	51 g	19 g	6 %
SUGARS	36 g	13 g	—
FIBER	1 g	0 g	1 %
PROTEIN	6 g	2 g	—