

# Healthy Chocolate Caramels



## Ingredients:

- 1/3 cup creamy almond butter
- 1/3 cup creamy peanut butter
- 2/3 cup pure maple syrup
- 2/3 cup ghee
- 2 tsp vanilla
- Pinch of salt
- 2 cups chocolate chips + 1 TBS coconut oil

## Directions

1. Combine the ghee and syrup in a small saucepan over medium high heat. Bring it to a boil, and let it bubble for one minute.
2. Remove from heat and stir in nut butters, vanilla and pinch of salt
3. Use a mini muffin tin, candy mold, or lined loaf pan and divide the mixture evenly. Freeze for an hour.
4. Combine chocolate chips and 1 TBS coconut oil and melt in microwave (doesn't take long- do in 30 second intervals and stir each time)
5. Spread melted chocolate evenly among bars. Sprinkle with flaky sea salt if you choose! Place back in the freezer until firm and enjoy!
6. These store best in the freezer!

MADE WITH LOVE

by Teresa Forchard