



Chocolate-glazed and date caramel cookies

20'
Hands on

30 minutes'
Hands off

10'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

For the cookies

- 80 g oat flakes
- 20 g almond, ground
- 50 g maple syrup
- 3 tablespoon(s) sunflower oil

For the date caramel

- 120 g dates, pitted
- 1 1/2 tablespoon(s) [homemade peanut butter](#)
- 2 tablespoon(s) sunflower oil
- 1/2 tablespoon(s) almond milk
- 1 pinch salt

For the glaze

- 150 g chocolate couverture 65%

Method

- Preheat oven to 180* C (350* F) Fan.
- Beat the oats in a food processor for a few seconds, until finely ground.
- Add the ground almonds, maple syrup, and sunflower oil. Beat until completely combined.
- Line a 30x40 cm baking pan with parchment paper.
- Shape the mixture into small strips that are 7x1.5 cm.
- Bake for 10 minutes, remove from oven and allow to cool.
- To prepare the caramel, add all of the ingredients to a food processor and beat for 1-2 minutes.
- Scrape down the sides of the bowl with a spatula and beat again until the mixture takes on the texture of a thick sauce.
- Spread the caramel in a small baking pan and roll the cookies in it to coat completely.
- Set them aside for 1 hour to cool completely.
- Melt the chocolate in a [bain-marie](#) and dip the caramel coated cookies in it to glaze them completely.
- Place them on a wire rack and allow them to drip and cool for 30 minutes.
- Serve with caramel sauce.

Διατροφικός πίνακας

Nutrition information per portion

259 Calories (kcal)	16.0 Total Fat (g)	5.1 Saturated Fat (g)	24.0 Total Carbs (g)
13%	23%	26%	9%
16.0 Sugars (g)	3.9 Protein (g)	2.5 Fibre (g)	0.1 Sodium (g)
18%	8%	10%	2%