

EPIC DATE CARAMEL RECIPE (5 INGREDIENTS!)

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COURSE: SNACK CUISINE: AMERICAN

KEYWORD: DATE CARAMEL PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES SERVINGS: 6 SERVINGS

CALORIES: 150KCAL AUTHOR: MEGAN GILMORE



Date Caramel is a fast & easy recipe, calling for only 5 ingredients. It's the best dairy-free & vegan caramel dip, and can be served with sliced apples, or used as a frosting for your favorite cake!

EQUIPMENT

- Vitamix

INGREDIENTS

- 3/4 cup squishy Medjool dates , pitted (about 6 oz.)
- 1/4 cup peanut butter (see notes)
- 1/4 cup maple syrup , plus extra for desired texture
- 1/4 teaspoon fine sea salt , or more to taste
- 1/4 to 1/2 cup water

INSTRUCTIONS

1. If the dates aren't already soft and squishy, cover them with hot water for 15 minutes to help them soften up. Drain the water, then transfer the dates to the blender.
2. Add in the peanut butter, maple syrup, salt, and 1/4 cup of water. Blend, stopping to scrape down the sides as needed, until the dates have broken down. Add up to 1/4 cup more water to help with blending. When you use 1/2 cup water total, the caramel will have a consistency that's perfect for dipping. For a thicker caramel, use only 1/4 cup water.
3. Taste and adjust the flavoring, if needed, then serve right away. You can store this date caramel in an airtight container in the fridge for up to 5 days, or store it in the freezer for up to 6 months.

NOTES

Nutrition information is for roughly 1/4 cup of the caramel dip. This information is automatically calculated, and is just an estimate, not a guarantee.

The peanut butter adds a rich, creamy texture to this dip, but if you would rather not use it, you can substitute with almond butter or sunflower seed butter. Or, you can use 1/2 cup of cashews or almonds, which will turn into a "nut butter" when you blend it! Alternatively, you can also leave out the nuts completely for a lighter, fat-free dip. Some readers have reported that coconut milk works instead of the water, to add creaminess.

NUTRITION

Calories: 150kcal | Carbohydrates: 25g | Protein: 3g | Fat: 5g | Saturated Fat: 1g | Sodium:

148mg | Potassium: 228mg | Fiber: 2g | Sugar: 21g | Vitamin A: 27IU | Calcium: 31mg | Iron: 1mg

<https://detoxinista.com/salted-raw-caramel-dip/>