



# Healthy caramel sauce

## Ingredients

- 6-8 medjool dates (pitted)
- ½ cup canned full-fat coconut milk
- 1 tsp vanilla extract



## Method

In a high powered blender combine dates with coconut milk + vanilla until silky smooth.  
\*if not using soft Medjool dates, first soak dates in warm water for 10–15 mins to soften and drain.

Taste and adjust – more dates for sweetness, or a pinch of salt to bring out that caramel flavour!

Drizzle over pancakes, sliced apple, warm oats, or ice cream... or enjoy by the spoon.