

ONE BITE

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Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

VEGAN CHOCOLATE CARAMELS

By Mel - A Virtual Vegan

Rich and gooey homemade vegan chocolate caramels. So decadent and delicious and surprisingly easy to make. Perfect as an indulgent treat or as a gift for someone special.

INGREDIENTS

- 1 chocolate mold or if you don't mind large chocolates a silicone ice cube tray would work.
- 100g | ½ cup coconut sugar
- 2 tablespoons water
- 2 tablespoons tahini
- 2 tablespoons coconut oil (refined or unrefined is fine)
- ¼ teaspoon fine salt
- ½ teaspoon vanilla extract
- 300g | 2 cups vegan dark chocolate



Mel —

Mel is the content creator and recipe developer behind avirtualvegan.com. She has been creating recipes and sharing them on her blog for the past 5 years; her goal is to give her followers the confidence to be able to make delicious vegan food using her simple, step by step recipes.

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INSTRUCTIONS

1. Add the coconut sugar and water to a pan.
2. Place over a medium heat and cook until the sugar has completely dissolved and it is just starting to bubble. DO NOT STIR!! If you need to, just swirl the pan a bit. It will take 2-3 minutes max. Do not leave it unattended as it will burn very easily if left too long.
3. Remove from the heat and add the coconut oil, tahini, salt and vanilla. Stir very well until it is well combined. It is normal to see a few little light flecks through it. If you have trouble getting it to come together put it over a low heat for 30 seconds or so.
4. Remove from the heat and leave to cool. It will be very runny at first but will thicken up nicely as it cools. It doesn't take long.
5. When the caramel is cool melt your chocolate. I melted mine in a bowl over a pan of gently simmering water.
6. Pour some melted chocolate into the bottom of each mold. I used a spoon and a knife to just push the melted chocolate gently off the edge of it into the molds. You need a depth of about 3-4 mms. No need to be too exact. Just eyeball it. Remember though if it's too thin the will be very hard to remove from the mold intact.
7. Once you have chocolate in each mold use the end of a knife to just push the chocolate pooled in the bottom up the sides of each mold to coat it.
8. Now spoon some caramel into each mold. You need to leave room for about 2-3mm of chocolate to be poured on top. Don't be tempted to overdo it as you'll end up with a gooey mess.
9. The caramel will level itself out as you pour it in.
10. Now cover the caramel with chocolate.
11. Use a pallet knife or the back of a regular knife to run along the top and level everything off nicely.
12. Pop the mold into the freezer. Make sure it is kept flat.
13. Within 20-30 minutes they will be hard enough to turn out of the mold.
14. If you only have one mold you will need to repeat the process. Your chocolate should still be melted enough to continue but if it isn't just warm it slightly again.