

# Keto Chocolate Caramel Slice

Hands-on 25 minutes Overall 2 hours

**Nutritional values (per slice):** Total carbs: 4.7 g, Fiber: 2.4 g, **Net carbs: 2.3 g**, Protein: 4.1 g,

Fat: 17.7 g, Calories: 197 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 18 slices)

### Base layer:

1 1/4 cup [almond flour](#) (125 g/ 4.4 oz)

5 tbsp [shredded coconut](#) (30 g/ 1.1 oz)

30 g butter, melted (1.1 oz)

50 g [almond butter](#) (1.8 oz)

1-5 drops [liquid stevia](#)

### Caramel layer:

50 g butter (1.8 oz)

70 g thick cream *or* [coconut cream](#) (2.5 oz) - *you can [make your own coconut cream](#)*

2 heaped tbsp [almond butter](#) (64 g/ 2.3 oz)

2 tbsp [powdered Erythritol](#) *or* [Swerve](#), or more to taste (20 g/ 0.7 oz)

pinch salt

### Chocolate layer:

100 g [90% dark chocolate](#) such as Lindt (3.5 oz)

### Tips

Instead of [Erythritol](#) or [Swerve](#) in the caramel layer, you can also try [yacon syrup](#).

For a dairy-free caramel option, use my [Keto & Paleo Caramel Sauce](#).

To enhance the caramel flavor, try this [keto nut butter](#) made with macadamias, cashews and coconut.

You can also use roasted [almond butter](#) or toasted [coconut butter](#).

[Here's how you can easily make any nut or seed butter at home.](#)

Another option to enhance the caramel flavor while keeping it keto-friendly is to add 1 to 2 tablespoons of [mesquite powder](#).

1. To make base layer, add all ingredients to a [food processor](#) and pulse until combined. The mixture should appear crumbly, but should hold when pressed together between two fingers.
2. Press firmly into a loaf pan or small slice pan (15 x 23 cm/ 6 x 9 inches). Place in the freezer while you make the caramel layer.
3. To make the caramel, melt the butter in a small saucepan over medium to low heat, stirring constantly, until it's started to brown.
4. Add the remaining ingredients and stir until combined, then reduce heat until just simmering, and cook 5-10 minutes or until it starts to thicken. Note that it will continue to thicken as it cools.
5. Pour over the base layer, and spread evenly. Return to the freezer while you make the chocolate layer.
6. Melt the chocolate in a small saucepan or in the microwave, and then pour onto the solidified caramel layer. Spread evenly. Place back in the freezer for at least an hour to set.
7. Once set, cut into squares or bars, and store in an airtight container in the fridge. *To get 18 small squares: make 2 cuts lengthwise and 5 cuts widthwise. Alternatively to make 12 large bars: make 2 cuts lengthwise and 3 cuts widthwise.* Keeps up to 10 days in the fridge, or two months in the freezer.

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## Instructions