

Date Caramel and Chocolate Pots

Servings: 4

Prep Time: 15min

Cook Time: 35min



Ingredients

DATE CARAMEL

- 250 g pitted dates
- boiling water to soak
- 1 tsp vanilla extract
- 100 ml coconut cream

CHOCOLATE GANACHE

- 150 g dark chocolate - finely chopped
- 4 Tbs coconut cream

Directions

1. Place the dates in small bowl. Add boiling water, enough to cover the dates, and leave to soak for 15 minutes.
2. Drain the dates and pop them into a food processor. Blitz the dates into a paste. Add the vanilla extract and coconut cream. Blitz the mixture again for a good 3 minutes to get the caramel as smooth as possible. Divide the mixture between four ramekins and refrigerate while you make the ganache.
3. To make the ganache: Place the dark chocolate in a small bowl. Heat the coconut cream to boiling point, then pour it over the chocolate. Allow to stand for a minute, then whisk the chocolate and cream together until smooth.
4. Divide the ganache between the four ramekins, spooning it over the caramel. Allow to stand and cool for a few minutes before serving.