
Caramel Swirl Brownies ☐ Vegan and Gluten-Free

Cook Time: 0 min
Makes 9 brownies

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Coconut Dulce de Leche:

- 300 ml Coconut Milk, full-fat
- 1/3 cup coconut sugar or light brown sugar
- 1/4 tsp salt
- 1/2 tsp vanilla

Brownies:

- 1 cup pitted soft dates
- 1 cup boiling water
- 2 tablespoons date molasses
- 2 tablespoons ground flax
- 1/2 cup coconut oil, melted
- 1/2 teaspoon vanilla
- 50g dark chocolate, melted
- 1/2 cup cocoa powder
- 1/2 cup oat flour
- 2 tablespoons arrowroot starch
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- Melted dark chocolate to drizzle on top (optional)

Instructions:

1. Start by making the dulce de leche. You need it to cool down before adding to the brownies. Pour the coconut milk in a medium saucepan, and whisk in the sugar and salt. Place on a medium heat, whisking now and then until it starts bubbling. Lower the heat to a gentle simmer, whisking every minute. In about 15-20 minutes you should have a thick toffee, the same thickness of condensed milk. Remove from the heat and stir in the vanilla. Set aside to cool.
2. Pre-heat the oven to 350F or 160C. Prepare an 8 inch/20cm square baking pan with parchment paper. Place on a baking sheet, and set aside.
3. In a bowl, pour the boiling water over the dates, let stand for 5 minutes until softened. Transfer the softened dates to a food processor with the soaking water. Add the flax meal, oil and vanilla and process to mix. Once smooth blend in the melted chocolate.
4. In a large bowl, mix the cocoa powder, flour, starch and baking soda. Pour the date mixture on top and fold to incorporate and until the flour is visible.
5. Transfer 2/3 of the brownie batter to the prepared baking pan. Spread out evenly, making it slightly higher on the sides. Pour over 3/4 cup of the dulce de leche and spread out to the edge. Add 1-2 tablespoons of warm water to the remaining brownie batter just to lighten it up. Randomly dollop spoonfuls of dough over the dulce de leche, and once you've used up all the dough, swirl the batter to create a marbled effect.
6. Bake for 25-30 minutes until brownies are more or less firm, but still wobbly in the centre. Cool

completely.