

## Ingredients

- 16 medjool dates pitted\*
- 1 teaspoon sea salt
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  -1 cup unsweetened plant milk alternative

## Instructions

1. Add all ingredients (starting with  $\frac{3}{4}$  cup almond milk) into a high-powered blender or food processor and blend until mixture is smooth and there are no date chunks detectable.
  2. Add more almond milk, 1-2 Tablespoons at a time, if needed to help the blending process or to thin the caramel.
  3. Use immediately or store in the fridge for later.
- Recipe works best fresh, soft medjool dates. If dates are dry or hard, you can soak them in water for about 30 minutes, drain and then use them in the recipe.
  - If you're using the smaller deglet noor dates, you'll need to use more! This is something you can play around with to get the caramel sauce thickness you're looking for.