



MILLIONAIRES SHORTBREAD

gluten, dairy & refined sugar free

Prep time: 20-25 minutes

Cook time: 10 minutes

Chill time: 1-2 hours (or overnight)



@maryelizabethwellness

INGREDIENTS

Base (shortbread layer)

- * 50 g almond flour
- * 50g almonds
- * Seeds of your choice (see below)
- * 30 g coconut oil, melted
- * 1 tbsp maple syrup / honey
- * ½ tsp vanilla extract
- * Pinch of Celtic or Sea salt

Date Peanut Caramel

- * 120 g dates, soaked 10-15 mins
- * 1.5 tbsp peanut butter
- * 15 g coconut oil
- * Pinch of Celtic or Sea salt
- * 1-2 tbsp almond / oat milk (as needed)

Chocolate Topping

- * 80 g 72% dark chocolate
- * 1 tsp coconut oil
- * Optional: 1-2 tsp cacao powder

METHOD

Prepare the base

- Mix all base ingredients into a soft dough. Press into a lined tin (approx. 20 × 10 cm).
- Bake at 170°C (fan 150°C) for 8-10 minutes until lightly golden. Cool fully.

Make the caramel

- Drain soaked dates. Blend with peanut butter, coconut oil, salt, and a splash of milk until thick and smooth.
- Spread evenly over the cooled base.

Add the chocolate layer

- Gently melt dark chocolate with coconut oil.
- Pour over the caramel layer and smooth.

Set & slice

- Chill in the fridge for 1-2 hours until firm.
- Slice into 15-18 small bars.

SEED CYCLING

(whizz with the base)

- | | |
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| * 1 tbsp flax seeds | * 1tbsp sesame seeds |
| * 1 tbsp pumpkin seeds | * 1tbsp sunflower seeds |
| <i>for menstruation &
follicular phase support</i> | <i>for ovulation & luteal
phase support</i> |

enjoy! :)

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