

Tahini-Date Salted Caramels

<http://userealbutter.com/2013/10/18/tahini-date-salted-caramels-recipe/>
from [The Kitchn](#)

1 cup dates, pitted (I used Medjool dates, but the original recipe calls for Barhi)
1/2 cup tahini
2 tbsps coconut oil
1/2 tsp ground cardamom (optional, but good)
1/8 tsp finishing salt (I used Maldon)

Place the dates, tahini, coconut oil, and if using, the ground cardamom in the bowl of a food processor. Run the processor until the contents transform into a thick, creamy paste. Press the paste into a parchment-lined loaf pan (I used a mini loaf pan) and smooth the top out until it is even. Sprinkle the salt over the paste. Freeze until firm (I let it go for an hour). Remove from the freezer and lift the paste out of the pan. Cut into bite-size pieces. Store in an airtight container in the freezer for up to one month. Makes 12-18 pieces.