

*STIR IN OR SPRINKLE ON*

# FLAVOUR SHAKE

salted caramel

NO BAKE  
CHEESECAKE JARS



the source  
BULK FOODS

# SALTED CARAMEL NO BAKE CHEESECAKE JARS

MAKES 6

## INGREDIENTS

110g Australian insecticide free raw almonds  
45g shredded coconut  
3 – 4 dates  
1 – 2 tbs coconut oil, melted  
Pinch of fine Celtic salt

## FILLING

3 tbs Salted Caramel Flavour Shake  
250mL thickened cream  
250g cream cheese, softened to room temperature  
70g caster sugar  
2 tbs sour cream, at room temperature  
1 tsp lemon juice  
½ tsp maple syrup

## GARNISH

60g The Source Bulk Foods salted caramel and peanut chocolate slab, chopped

## METHOD

For the base, place almonds, coconut, dates, oil and salt in a food processor and process to a fine crumb. Press based into jars.

To make the filling, using a hand mixer to whip cream until stiff. Set aside.

Using a hand mixer, whisk together cream cheese, sugar, sour cream, lemon juice, maple syrup and Salted Caramel Flavour Shake until smooth and creamy.

Fold the whipped cream into cream cheese mix.

Evenly spoon filling into the jars, on top of base.

Put the lids on the jars and refrigerate for 3 hours.

Served topped with chopped salted caramel and peanut chocolate slab.

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salted caramel

ICE CREAM & CARAMEL  
POPCORN BRITTLE



the source  
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# SALTED CARAMEL ICE CREAM & CARAMEL POPCORN BRITTLE

## INGREDIENTS

750mL coconut cream  
180mL honey or rice malt syrup  
180g cashew butter  
250mL coconut oil, melted

2 tsp vanilla extract  
90g Salted Caramel Flavour Shake

## CARAMEL POPCORN BRITTLE

30g popped popcorn  
50g rapadura sugar  
2 tbs coconut milk  
2 tbs rice malt syrup

¼ tsp fine Celtic salt  
1/8 tsp cream of tartar  
1/8 tsp bicarb soda

## METHOD

Place the coconut cream, cashew butter, oil, honey, vanilla extract and Salted Caramel Flavour Shake into a food processor. Blend until the mixture is smooth and well combined.

Pour the mixture into a 2L loaf tin and place into the freezer. Freeze for at least 6 hours.

## CARAMEL POPCORN BRITTLE

In a saucepan, combine rapadura sugar, coconut milk, rice malt syrup and salt. Place over medium heat and stir until the mixture comes to a boil. Cook for 1 - 2 minutes stirring constantly.

Remove from heat and add the cream of tartar and bicarb soda. The mixture will become foamy.

Pour the caramel over the popped popcorn on a lined baking tray. Place in a preheated oven at 175°C oven and bake for 20 minutes, stirring every 5 minutes to coat the popcorn with the caramel.

Remove from the oven and cool completely. Break apart and place into an airtight container.

**TIP:** To Serve, let the ice cream sit out for 45 minutes to soften slightly before scooping into bowls. Top with more Salted Caramel Flavour Shake, pieces of caramel popcorn brittle and a drizzle of rice malt syrup.

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