

Dark Chocolate Pumpkin Seed Crackle

Crackle is the perfect sweet and salty treat — without added sugar or traditional flour. If your willpower is strong, this makes a wonderful gift for any occasion, we have never managed to give this as a gift, that's how good it is.

Ingredients

Base & caramel

1 1/2 cups almond flour
1/4 cup arrowroot flour
1/4 tsp sea salt
1 large egg, whisked
4 tsp water, divided
1 1/4 cups Organic Monk Fruit 1:1 Sugar Replacement
¼ cup cold organic, salted butter, cubed

Top

5 oz unsweetened dark chocolate, chopped
1 tbsp Organic Monk Fruit 1:1 Sugar Replacement
1/2 cup toasted pepitas

Preparation

Preheat oven to 375°F. Cut 2 11 x 15-inch sheets parchment paper. Set aside.

Prepare base: In a small bowl, whisk together almond flour, arrowroot and salt. Add egg and one-half of water and stir together to form a dough. Scrape onto one sheet of parchment and place second sheet on top. Roll out into a 9 x 13-inch rectangle and transfer to a 9 x 13-inch baking dish. Peel off top sheet of parchment. Bake for 10 minutes, until light golden.

3. Prepare caramel: To a medium saucepan on medium, add monk fruit sweetener and remaining one-half of water. Once sweetener has dissolved, increase heat to medium-high and simmer for 8 to 10 minutes, until it reaches a light golden color. (NOTE: You may notice some evaporation coming out of saucepan; keep your exhaust fan on.) Turn off heat; cool for 3 minutes. Carefully whisk in butter, 1 cube at a time. Pour over crust. Set aside to cool for 15 minutes, until set.

4. Prepare chocolate top: Bring a small pot of water to a simmer and place chocolate in a heat-proof bowl set over top. Add remaining monk fruit sweetener, stirring until chocolate is melted and sweetener is dissolved. Pour chocolate over top of caramel in baking dish, spreading with a spatula. Sprinkle with pepitas.

5. Refrigerate for 40 minutes, until fully set. Break into pieces and package into containers.