

# Healthier Millionaire Speckled Egg Slice

SIMPLE RECIPE

## Preparation

- Time: 30 mins (plus chilling)
- Serves: 16 slices (or cut up in smaller)

## Ingredients

### Biscuit Base:

- 300g gluten-free shortbread biscuits (or regular if not GF)
- 150g butter or dairy-free spread (e.g. Nuttelex or Flora Plant-Based)
- Crushed or chopped up speckled eggs to give the base that choc chip cookie feel.

### Caramel Layer:

- 397g light condensed milk (e.g. Nestlé Reduced Fat)
- 100g unsalted butter or dairy-free substitute
- 100g brown sugar
- 2 tbsp golden syrup
- Optional pinch of sea salt (for salted caramel)

### Chocolate Topping:

- 200g chocolate (milk, dark or dairy-free chocolate)
- 1 tbsp coconut oil or DF butter (for shine)

### Toppings and Decorations:

- a Mix of whole and crushed speckled mini eggs – use your favourite (MM's, Cadbury Mini Eggs, Darralea, vegan mini eggs, or GF options)

## Method

### 1. Prepare the Base

- Line a 20x20cm square tin with baking paper.
- Crush the biscuits into fine crumbs using a food processor.
- Melt butter or DF spread, then mix with the crumbs.
- Press firmly into the tin to form the base. Chill in the fridge for 20-30 mins.



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## 2. Make the Caramel

- Combine light condensed milk, butter (or DF alternative), brown sugar, and golden syrup in a non-stick pan.
- Stir constantly over low-medium heat for 10-12 minutes until thick, golden, and pulling away from the sides.
- Add a pinch of salt if you like it salted!
- Pour over the chilled base and refrigerate for at least 1 hour until set.

## 3. Top with Chocolate

- Melt chocolate and coconut oil together gently (microwave or double boiler).
- Pour evenly over the caramel and smooth the top.

## 4. Decorate with Mini Eggs

- While the chocolate is still soft, press speckled mini eggs into the top for a festive touch.
- Chill for 1-2 hours until fully set.

## 5. Slice & Enjoy

- Use a hot knife for clean cuts. Store in an airtight container in the fridge for up to 5 days.

## Substitution Tips:

- Gluten-Free: Use GF shortbread (e.g. Leda or Orgran brands)
- Dairy-Free: Use Nuttalex, Flora Plant Butter, and DF chocolate
- Lighter Option: Stick with reduced-fat condensed milk and consider dark chocolate for lower sugar
- Protein Uppers: Add 4 scoops of a non-flavoured or vanilla flavoured collagen-based protein powder to the shortbread/base to increase protein per serving

## Macros per serving (16)

- Regular 354 kcal Protein 3.1g Carbs 40g Fat 19g
- With added Protein 372 kcal Protein 7.6g Carbs 40g Fat 19g

4



5

