

Caramel Sauce

Ingredients

1/4 cup butter

1/2 cup xes sweetener or THM gentle sweet (you cannot substitute sweet blend here. You have to have the xylitol for it to caramelize)

1/2 cup heavy cream

1/2 tsp glucomannan

1/4 tsp mineral salt

1/4 tsp caramel extract (optional)

Extra 1/2 tsp mineral salt if you want a salted caramel sauce

Directions

In a medium saucepan over medium heat, combine butter and gentle sweet and bring to a boil. Cook for 5 minutes, stirring often.

Remove the pan from the heat and add the heavy cream. (It will bubble up.)

Sprinkle in glucomannan while whisking to prevent clumping. Add salt.

Put the saucepan back over medium heat and cook for 2-3 more minutes, stirring often.

Remove from heat. Add extract if using and extra salt if making salted caramel. The sauce will be thin at this point but it will thicken as it cools.

This recipe makes 1 cup of sauce.