



## Paleo Caramel

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 8

### Nutrition Information Per Serving

45.3 calories, 6.14 g carbohydrate, 0.11 g fiber, 1.53 g NET carbs, 0.06 g protein, 4.43 g fat

### Ingredients

- 1/2 Tbsp(s) Aroy D Coconut Milk
- 3 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 Tbsp Navitas Naturals Organic Palm Sugar
- 1/2 tsp(s) xanthan gum
- 3 Tbsp(s) grass-fed salted butter or palm shortening

### Preparation

1. In a medium saucepan, melt the butter or shortening over low heat.
2. Add the erythritol and coconut sugar and whisk to combine. Add coconut milk and xanthan gum. Continue whisking over heat for 2 minutes, letting caramel bubble and darken.
3. Serve over ice cream, cake or brownies, or pour into silicone molds and refrigerate to make homemade candies.

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