

KJ's Caramel Sauce

THM-Friendly: S

- 3 Tbsp. butter
- 1/4 cup allulose (or THM Gentle Sweet)
- 1/4 cup heavy cream
- scant 1/8 tsp. xanthan gum



On medium heat, melt down the butter and allulose until it just starts to turn brown and foamy.

Turn your heat down to low; then add your cream. Take off the heat. Sprinkle on the xanthan gum and whisk, whisk, WHISK!! Keep stirring until it turns into caramel. This makes multiple servings, so put the rest in a small jar, and refrigerate for future uses.

enJOY!

<https://www.joyfullifewithkj.com/dips-sauces-and-whippy-things/caramel-sauce>

