

CARAMEL!

THM-Friendly: FP

Dairy-Free, Sugar-Free, Gluten-Free and FAT-FREE!

- 3/4 cup allulose
- 2 Tbsp. water
- 1/4 cup DF oat milk (you can use nut milk, but oat milk creates a creamier texture)
- 1/2 tsp. **butter extract** (make sure yours is DF OR leave it out if you prefer)
- 2 heaping Tbsp. dairy-free yogurt (I used Kite Hill)
- 1 tsp. **vanilla extract**
- 1/8 tsp. **xanthan gum**

Add allulose to a pan and add water.

Mix well and bring to a boil over medium heat.

Once it's boiling, add the oat milk. Simmer on medium/low, stirring frequently.

Cook for 7-8 minutes on a simmer until it turns to a light golden brown.

Add butter extract, vanilla, and yogurt. This will bubble aggressively, so be careful! Keep stirring!

Add xanthan gum and let continue to simmer for a minute or two until a golden brown and a thickness that sticks easily to your spoon.

enJOY!

