

# Keto & Paleo Caramel Sauce

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per 2 tbsp / 30 g/ 1.1 oz):** Total carbs: 0.9 g, Fiber: 0.1 g, **Net carbs: 0.8 g**,

Protein: 0.4 g, Fat: 9.8 g, Calories: 89 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes about 1 cup, 240 g/ 8.5 oz)

- 1/4 cup butter, [ghee](#) or virgin [coconut oil](#) (56 g/ 2 oz)
- 1/2 cup [Sukrin Gold](#), powdered [Swerve](#) or [Erythritol](#) (80 g/ 2.8 oz)
- 1/2 cup + 2 tbsp [coconut milk](#) or heavy whipping cream (150 ml/ 5 fl oz)
- 1/4 tsp [glucomannan powder](#) or [xanthan gum](#)
- 2 tbsp water, room temperature (30 ml/ 1 fl oz)
- pinch salt or more for salted caramel (I like [pink Himalayan](#))

*Optional:* 1 tbsp [vegetable glycerine](#)

*Note:* [Erythritol-based sweeteners](#) including [Sukrin](#) and [Swerve](#) do [caramelise when chilled](#) so keep that in mind. Adding [vegetable glycerine](#) helps the caramel retain a smoother texture. For super smooth caramel you can use [allulose](#) instead of the sweeteners listed.

## Instructions

- For this recipe you'll need [Sukrin Gold](#) natural brown sugar substitute and [glucomannan powder](#) that is made from konjak root. You can read more about these ingredients in the intro.
- Place the brown "sugar" and the butter into a medium sauce pan. Bring to a boil over a medium heat and cook for about 5 minutes. Keep stirring to prevent the mixture from burning.
- Mix the glucomannan powder with 2 tablespoons of water by sprinkling it on top and mixing until no clumps are visible. In a small bowl, combine 1/2 cup of coconut milk and the glucomannan powder mixed with water. *Do not make the same mistake I did. I mixed the powder directly with the coconut milk and then had to blend the caramel sauce as there were clumps of the gelled powder in it.*
- Remove the butter and sweetener mixture from heat and mix in the coconut milk & glucomannan blend. Mix vigorously until well combined. The mixture will start to thicken.
- Return to the heat and cook for another minute or two while stirring.

Take off the heat and mix in the salt (a pinch or more to taste). Let it cool down for at least 5 minutes and then mix in 2 more tablespoons of coconut milk and combine well.

- For a smoother texture and to prevent the sweetener crystals from forming as it chills down, add a tablespoon of glycerine and mix until well combined. At first, the caramel will be thin and runny but it will thicken as it cools down. Place in an airtight container and store in the fridge for up to 2 weeks or freeze for up to 3 months. This is how it becomes when chilled in the fridge for an hour. If you use glycerine, the texture will be smooth - if you don't use it, you will see sweetener crystals. You can make it smooth again by heating up!

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