

Persian Sohan Asali Keto Caramels

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving, 1 slice): Total carbs: 1.9 g, Fiber: 0.8 g, **Net carbs: 1 g**,

Protein: 1.3 g, Fat: 4.7 g, Calories: 52 kcal,

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



Ingredients (makes 12 slices)

Basic Sohan Asali:

1/3 cup granulated sweetener such as [Swerve](#), [Sukrin Gold](#) or

[allulose](#) (67 g/ 2.4 oz)

1 pinch sea salt

1 tbsp [tahini](#) (16 g/ 0.6 oz)

1/2 cup [sesame seeds](#) (72 g/ 2.5 oz) or 2/3 cup silvered [almonds](#)

(72 g/ 2.5 oz)

1 tsp sugar-free [vanilla extract](#)

1 tbsp butter or virgin [coconut oil](#) (14 g/ 0.5 oz)

1 tsp lemon juice

Optional add-ons (choose any or all):

1/4 tsp saffron threads soaked in 1 tbsp (15 ml) boiling water

1 tsp rosewater

1/4 tsp cardamom

1/2 tsp [cinnamon](#)

1/2 tsp fresh grated nutmeg

salt flakes for topping

2 tbsp hulled [sunflower seeds](#) (18 g/ 0.7 oz)

2 tbsp unsalted chopped [pistachios](#) (15 g/ 0.5 oz)

Instructions

1. Place sweetener, tahini, salt into a large saucepan over medium heat and cook until sweetener is dissolved. Stir in sesame seeds (or silvered almonds). Cook, stirring often until mix goes a delicious caramel colour, approximately 5 to 10 minutes or until temp reaches 150 °C/ 300 °F, testing with a candy thermometer.
2. Remove from heat immediately when it starts to get fragrant and goes dark like caramel.
3. Add butter and any optional ingredients (apart from sunflower

seeds and pistachios).

4. Stir 30 seconds and then carefully stir in 1 tsp lemon juice which will cause the mixture to foam.
5. Pour mix onto oiled baking tray (no parchment paper). Spread out to desired thickness, and optionally garnish with silvered pistachios or sunflower seeds. Leave to cool and harden.
6. Break into pieces or score gently with the tip of a knife to cut into shapes - or use a pizza cutter. You'll get 12 to 16 slices per recipe.
7. Store in airtight container in cool place or refrigerator.

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