

## Caramel Sauce (dairy-free)

BY VALERIE PICCITTO, RHN, CNE

### Ingredients

yields about 2/3 of a cup

### INGREDIENTS

1/2 cup full fat coconut milk  
1/4 cup 100% pure maple syrup  
1 tsp vanilla extract  
pinch of sea salt



### DIRECTIONS

1. Combine coconut milk, maple syrup, vanilla and sea salt in a sauce pan over medium-low heat. Stir to combine.
2. Bring mixture to a boil. Then simmer on low for 15-20 minutes to thicken it up. Stirring constantly.
3. Remove from heat. Mixture will continue to thicken as it cools and will become really thick once refrigerated.
4. Will keep refrigerated in an airtight container or mason jar for about a week.

**LINK:** <http://valeriepiccitto.com/blog/caramel-sauce>

© 2017 | [valeriepiccitto.com](http://valeriepiccitto.com)

If you'd like to use this recipe on your website or elsewhere, that's awesome!  
Just make sure you're giving us credit.