

Coconut Caramel Sauce and Non-dairy Caramel Creamer

By Diane Kuehn

This sauce is designed for those who wish to avoid cane sugar. Coconut sugar has a slightly lower glycemic index than pure cane sugar (i.e., coconut sugar raises blood sugar levels slower than cane sugar). It also contains small amounts of some vitamins and minerals not found in refined cane sugar. This sauce is darker in color than traditional caramel sauce, but is loaded with a rich flavor that I prefer. The creamer is great in coffee. If you like a sweeter creamer, add 3 to 6 drops of clear liquid stevia to your cup of coffee after adding the creamer. Makes about 6 T. of sauce (90 ml) and about ¼ c. (60 ml) non-dairy creamer.

Contains coconut: Replace the coconut cream with 2 T. milk of choice (30 ml) if needed.

Ingredients:

½ c. coconut sugar (68 g)
1 can full-fat coconut milk (398 ml)
1 t. vanilla extract (5 ml)
1 t. filtered water (5 ml)
Pinch of coarse sea salt (optional)
¼ c. milk of choice (include for creamer only; 60 ml)



Prior to starting: Refrigerate the can of coconut milk for 30 minutes.

Directions:

Step 1. Pour the coconut sugar into a small pot.

Step 2. Open the can of coconut milk (without turning it upside down) and scrape off any coconut oil that is at the top of the can (reserve the coconut oil for another recipe). Add ¼ c. (60 ml) of the thick coconut cream from the top of the can to the pot (reserve the remainder of the coconut milk for another recipe or for making non-dairy creamer; see step 5). Add the vanilla extract and filtered water to the pot. Stir well with a rubber spatula till all ingredients are well combined.

Step 3. Place the uncovered pot on the stove and turn the burner on to medium. Slowly bring the mixture to a gentle simmer, stirring constantly with a rubber spatula to dissolve the coconut sugar (do not step away from the stove). When the caramel sauce begins to simmer, remove the pot from the heat.

Step 4. Pour the caramel sauce into a glass jar (if you plan on making the non-dairy creamer, leave about ½ t. (2.5 ml) of sauce in the pot). Leave the jar uncovered to cool at room temperature for 30 minutes. Cover the jar and place it in the refrigerator to store for up to 1 week. Drizzle the cold sauce on any dessert, or warm it in the microwave for 15 seconds before serving. For a salted caramel sauce, simply sprinkle the sauce with a pinch of coarse sea salt (optional).

Step 5. To make the creamer, add ¼ c. (60 ml) milk of choice to the pot used to make the caramel sauce. Place the pot back on the burner and set the burner to low. Using a rubber spatula, stir any caramel sauce still on the sides of the pot into the milk of choice. To make a larger batch of creamer, simply add an extra ½ t. (2.5 ml) of caramel sauce and an additional ¼ c. (60 ml) milk of choice to the pot. After warming the creamer for 1 to 2 minutes to completely dissolve any clumps of caramel sauce into the milk, remove the pot from the burner; pour the creamer into a second glass jar and seal the jar with a lid. The creamer is now ready for use in a beverage. If you like a sweeter creamer, simply add 3 to 6 drops of clear, liquid stevia directly to your beverage. Store the creamer in the refrigerator for up to one week.