



## Caramel Sauce

**Makes about 1 3/4 cup sauce**

1 cup sugar

6 TBS unsalted butter - softened

1/2 cup heavy cream - room temperature

Place the sugar in a pot - preferably heavy bottom. Turn the heat on high and allow the sugar to start melting. Shake the pan a couple times.

As soon the sugar starts to melt, lower the heat. Start swirling the sugar as it melts. Swirl, place back on low heat, wait a few seconds, swirl again. DO this until the sugar is completely melted and amber color.

Carefully add the butter and whisk it vigorously. Once it is incorporated, turn off the heat. Whisk in the cream - always being careful not to burn yourself with spatters. Pour the sauce into a bowl, without scraping the pot. If you have some left in the pot let it be. You do not want the caramel to crystallize. Allow the caramel sauce to cool down and use. Refrigerate any unused sauce for up to 4 days.

2 TBS - CALORIES 128.93.; FAT 8.10 grs (sat 5.1; mono 2.19; poly 0.30); PROTEIN 0.22 grs ; FIBER 0.00 grs; CARBS 14.64 grs; CHOLESTEROL 24.82 mg; IRON 0.01 mg; SODIUM 4.07 mg; CALCIUM 7.17 mg