

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Vanilla Bean Caramel Sauce (Paleo-style)

From Juli Bauer's Paleo Cookbook

1 cup heavy cream or full-fat coconut milk
1 cup fine maple sugar
1 vanilla bean, split in half lengthwise, seeds removed with the back of a knife
1 tsp vanilla extract
¼ tsp coarse sea salt

1. In a small saucepan over medium heat, combine all the ingredients. Stir until completely combined.
2. Bring to a boil, then set a timer for 12 minutes, being sure not to let the mixture boil over. After 12 minutes, reduce the heat to low and simmer for 5 more minutes or until the caramel coats the back of a spoon.
3. Remove from the heat, let cool for 5 minutes, and then pour into a container. Serve immediately.
4. Store in the refrigerator for up to 2 weeks. Reheat the caramel sauce in a saucepan before serving.