

# rich caramel sauce

Makes: 1 2/3 cups

Prep and Cook time: 10 min

Per serving: 107 calories, 6 g fat, 6 mg sodium

8 TBS (1 stick) butter

1/2 cup heavy or whipping cream

1 tsp vanilla extract

1 cup lightly packed

light brown sugar- 1 1/2 cup

2 TBS honey or 2 TBS corn syrup

1. Cut the butter into 4 pieces and place them in a 4 cup glass measure. Add the brown sugar, cream, and honey/corn syrup. Stir to mix. Cover with microwave-safe plastic wrap and cut a small hole in the plastic to vent.

Microwave on high power until the mixture boils, 3 to 4 minutes. When removing the dish from the microwave, be careful, it is very hot! Use oven mitts to remove the dish from the microwave. The, uncover and stir well, there will be a slight film of oil over the top of the mixture. Do your best to mix that in, but it is okay for it to stay on top. Stir in the vanilla.

2. Let the mixture cool; serve the sauce warm or at room temperature.

Note: The sauce can be prepared up to 1 week ahead and refrigerated in an airtight container. To reheat, place the sauce in a microwave-safe bowl, cover with a paper towel, and microwave on high power until warm, about 1 minute. Stir the sauce before serving.

