

"Farm Fresh Recipes"



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Homemade Paleo Caramels

Ingredients:

- ½ cup honey
- 1½ tablespoons almond butter (smooth & with sea salt only)
- 3 teaspoons unsalted grassfed butter*
- 1 teaspoon water
- ½ teaspoon pure vanilla extract
- 1 cup dairy-free chocolate chips (or use the coating from this recipe for homemade)
- ½ teaspoon coconut oil
- *use raw cacao butter for dairy free

Directions:

Bring the honey to low boil and simmer for 10 minutes, swirling the pan occasionally until the honey is deep amber color.

Remove from the heat and add the almond butter, unsalted butter, vanilla, and water. Let it cool for 10 minutes in the pan.

Pour caramel out onto a tray lined with parchment paper and cool to room temperature, for about 30 minutes and the caramel is pliable.

Recipe adapted from Danielle Walkers Against All Grain Blog. July 22. Paleo Chocolate Caramels.

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