

Ingredients:

1 can of full fat coconut milk, refrigerated (choose a coconut milk that is just coconut, water and guar gum. Others have preservatives which make them stable when cold. We want the ones that get hard. I prefer Whole Foods Brand 365 or Native Forest)

1 cup coconut sugar

1/2 tsp. kosher salt

1 Tbsp. vanilla extract

Directions:

- 1. Refrigerate can of coconut milk several hours or overnight until the liquid and solid portions have separated. Scoop the hardened cream into a small saucepan saving the liquid for a smoothie.
- 2. Stir coconut sugar into the coconut cream and add kosher salt. Bring mixture to a boil, then reduce heat to a rapid simmer.
- 3. Continue to cook, stirring frequently until the sauce begins to darken and thicken slightly. It should coat the back of a spoon when it is done
- 4. Remove from heat and add 1 Tbsp. of vanilla. Mixture will bubble up when you do this. Just mix it in and let it sit off the heat. It will thicken further as it cools.