

Sugar-Free Caramel Syrup: Rich, Creamy & Guilt-Free Indulgence

Rich and Creamy Sugar-Free Caramel Syrup



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5 min

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INGREDIENTS

To make this delicious, sugar-free caramel syrup, you'll need just three simple ingredients: 1/2 cup butter (cubed) 1 cup allulose (granulated) 1 cup heavy cream

DIRECTIONS

1. Steps for the : Recipe
2. Melt : Butter and Allulose:
3. In a small saucepan, combine the cubed
4. . Place the saucepan over medium heat, stirring frequently with a whisk or heat-proof spatula until the butter is completely melted and the mixture starts to bubble around the edges.
5. Cook for : Flavor:
6. Keep stirring consistently for about
7. after it starts bubbling. This step allows the allulose to caramelize and those rich, buttery flavors to meld beautifully, developing the deep caramel taste. The mixture will turn a light golden color.
8. Add : Heavy Cream:
9. Lower the heat to low. Then, gradually
10. stir in the heavy cream
11. into the hot allulose mixture. Be careful as the mixture might bubble up. Keep stirring for another
12. on low heat until the syrup begins to thicken to your desired consistency. It should coat the back of a spoon.
13. Cool and : Thicken:
14. Once thickened, remove the saucepan from the heat. Let it cool at room temperature, stirring occasionally to prevent a skin from forming and to help it thicken further as it cools.
15. Once it has reached room temperature and thickened nicely, transfer your delicious caramel syrup to a clean glass jar or bowl. Cover it tightly and store it in the refrigerator until you're ready to enjoy!

16. This easy, sugar-free caramel syrup is going to become your new favorite topping!

SWAPS & NOTES

Butter: Use unsalted butter for best flavor control.
Cubing it helps it melt more evenly.

Allulose: This is the star sugar substitute for this recipe.
Allulose is a rare sugar that tastes like sugar but has very few calories and does not spike blood sugar.

TIPS FOR SUCCESS

Use Allulose: As mentioned, allulose is key for the caramelization and texture.

Other sugar substitutes will not yield the same result.

Stir Constantly: Continuous stirring, especially in the first two steps, prevents the allulose from scorching and ensures even caramelization.

Low Heat for Cream: When adding the heavy cream, lower the heat to prevent the mixture from seizing or splattering too much.

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Original recipe: <https://chefmaniac.com/sugar-free-caramel-syrup-rich-creamy-guilt-free-indulgence/>