



Keto Caramel Bars

ingredients

- 1/2 c butter
- 1/4 c Pyure or Swerve
- 1 c heavy whipping cream
- 1 t vanilla extract
- 1 t maple OR caramel extract

FOR LAYERING:

- 1/2 c toasted almonds
- 1/2 c Lilly's chocolate chips

CRUST

Heat butter and Pyure in small saucepan, and boil while constantly stirring for 4 minutes or until it starts to turn a nice Carmel color. Take off heat immediately and add the heavy whipping cream and extracts, stir well.

Pour half the 'caramel' over the crust, layer almonds, then Lilly's chips, and again with the last half of the caramel.

Let this set and cook completely or let it stay overnight in the fridge.

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Macros: 24 servings

calories. 168
carbs. 2g
protein. 1g
fat. 18g

