

One Ingredient Caramel

The Parsimonious Pea

Base Ingredients

- Condensed Milk, 7 oz (Dairy or Coconut)
- Chocolate Chips, 10 oz (Vegan or Regular)
- Sea Salt

Base Instructions

- Remove the label from the condensed milk. Shake the can well then place it in the slow cooker and cover with water. Make sure you have at least two inches of water over the top of the can.
 - For soft caramel sauce, cook on low for 10-12 hours. For firm caramel, cook on low for 20-24 hours.
 - Remove from the slow cooker. Pour the caramel into a wax paper lined baking tin and allow it to cool.
 - Pour the chocolate chips in a microwavable bowl. Heat in 10-30 second increments, stirring in between, until the chocolate is melted. If it starts to harden while making any of these recipes, pop it back in the microwave for a few more seconds.
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Chocolate Caramel Sandwich Cookies

Additional Ingredients:

- Rice Thins

Instructions:

- Spread a layer of chocolate on half of the rice thins, and a layer of caramel on the other half
- Pair the rice thins to make a sandwich
- Drizzle melted chocolate over the sandwiches and sprinkle with sea salt

Chocolate Covered Caramels

Additional Ingredients:

- None

Instructions:

- Place a small amount of chocolate into the bottom of a chocolate mold. You want just enough to cover the bottom.
- Sprinkle a bit of sea salt in each mold.
- Add a cube of caramel. The cube should take up most of the mold but leave a small gap between the sides of the mold and the caramel.
- Fill the mold with chocolate. Gently tap the molds on the counter to get rid of bubbles.

Pretzel Caramel Bark

Additional Ingredients:

- Pretzels, broken

Instructions:

- Spread the chocolate in a thin layer onto wax or parchment paper
- Sprinkle the broken pretzels on top
- Drizzle caramel over the top and sprinkle with sea salt

Peanut Butter Caramel Pretzel Cups

Additional Ingredients:

- Pretzels, Heart Shaped
- 1 Cup Peanut Butter
- 1/2 Cup Powdered Sugar

Instructions:

- Mix the peanut butter and powdered sugar together. Spread the mixture onto wax or parchment paper so that it's about 1/2" thick. Freeze for ~5 minutes.
- Line a muffin tin with cupcake liners. Drop 1 - 1 1/2 tpsps. of melted chocolate in each liner. Tap the tin on the counter to spread the chocolate
- Place a pretzel in each
- Cut circles out of the peanut butter and caramel and place a circle of each on top of the pretzels
- Fill the liner with chocolate