



THOUGHTFUL COOKING WITH TINA

5-Minute Lucuma Caramel Sauce (DF, GF)

SERVES 5 TO 6 · 10 MIN · DAIRY-FREE · GLUTEN-FREE

A five-minute caramel sauce made with lucuma powder — naturally sweet, dairy- and gluten-free, and perfect over yoghurt, fruit or pancakes. No blender, no stove: just a bowl, a fork and five minutes.

INGREDIENTS

4 tbsp (about 30g) organic lucuma powder
2 tbsp raw honey (or 2½ tbsp maple syrup for a vegan version)
2 tbsp virgin coconut oil or light olive oil
6–8 tbsp plant milk or dairy milk, lukewarm
½ tsp fine sea salt, or to taste
Seeds from ½ a Madagascan vanilla pod, or 1 tsp good-quality vanilla extract

Keeps in the fridge for about 5 days and thickens as it chills — use it as a sauce, a drizzle or a spread.

Lucuma has a naturally low glycaemic index, giving slow, steady sweetness without refined sugar.

ALLERGENS

None

METHOD

1. Scrape the vanilla seeds into a small bowl or blender.
2. Add the lucuma powder, honey and oil, then whisk or blend until combined.
3. Gradually pour in the milk, whisking until a smooth, glossy caramel forms. Adjust the consistency by adding more or less milk.
4. Stir in the salt, taste, and adjust sweetness if needed.
5. Transfer to a clean jar and chill. The caramel will thicken slightly once cold; stir before using.

PER SERVING · estimated

~100 kcal · Protein ~1.0g · Fat ~6.0g · Carbs ~11g · Fibre ~1.0g