



CARAMEL TARTS

Directions

What You'll Need:

1 package Keto Queen Kreation Sugar Cookie Mix

Pumpkin Caramel Sauce:

1/4 Cup Allulose

1/4 Cup Salted butter

1/2 Cup Heavy Cream

50 grams Choc Zero white chocolate baking chips

1 Tsp Molasses (optional, but recommended)

1/2 Cup 100% pumpkin puree (not pumpkin filling)

1 Tsp pumpkin pie dry spice

How to Prepare Caramel Sauce:

1. Add butter to a small saucepan over med/low heat & simmer.
2. Stir ever so often until golden brown, about 5min.
3. Add in sweetener & HWC till fully combined.
4. Add molasses & stir briefly till combined. Simmer over very low heat for 15min. Don't stir at all! Turn off heat.
4. After the 15, stir in pumpkin purée, & spice & stir thoroughly.
5. Add white chocolate, & stir until melted.
6. Set aside for 5 min until barely warm.

How to Prepare Tarts:

1. Preheat oven to 350 degrees
2. Prepare cookies according to package instructions press the cookie dough into 12 sections of a mini cupcake pan
3. Bake for 8 minutes then carefully press bottoms & sides against the pan creating a well, bake for another 4min.
4. Let tarts cool slightly then pour caramel sauce into the shell and chill until set



Photo and recipe:

@on_westhoff_ranch

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