



Hot Butterscotch

Serves 2

Ingredients :

- 2 Tbs tinned caramel or butterscotch sauce
- 2 cups Parmalat fat-free milk
- Vanilla extract
- Sea salt
- Selati sweetener or Selati Castor Snow, to taste

Methods :

1. Coat the sides of two mugs with tinned caramel or butterscotch sauce.
2. Heat the fat free milk with a dash of vanilla extract with Selati sweetener, to taste, and pour into cups to serve.
3. For something a little different, serve with a sprinkling of sea salt for a salted caramel version.