



### UN-DULCE DE LECHE

• Makes about 1-1/2 cups • Time: 45 minutes

This Latin confection has really broken through to the American public, showing up recently in all kinds of things from ice cream to yogurt. For good reason: the sticky caramel-like sauce can be drizzled onto any cake, pudding, or ice cream, wherever a blast of Latin sweetness is required. It's ridiculously indulgent served with warm churros (instead of dusting with sugar) or sopaipillas. Or play innocent and use it as a fondue to dip fresh tropical fruit (or cookies).

Tip: Brown rice syrup's consistency and flavor plays a big part in this sauce; there's no substitute for it!

1 cup soy creamer or rich soy milk  
4 teaspoons tapioca flour or arrowroot powder  
1/2 cup brown rice syrup  
1/2 cup light brown sugar  
2 tablespoons non-hydrogenated vegan margarine  
1 1/2 teaspoons vanilla extract

1. In a measuring cup, whisk together 1/4 cup of the soy creamer and the tapioca flour and set aside. In a large saucepan, combine the remaining 3/4 cup of soy creamer, and the brown rice syrup and brown sugar, and bring to a slow boil over medium heat. Stir in the margarine and lower the heat to low. Simmer the sauce for 30 minutes, stirring occasionally. The mixture should resemble a thick caramel sauce and easily coat the back of a wooden spoon.

2. Whisk the tapioca flour mixture again and stir it slowly into the simmering sauce. Continue stirring until the sauce thickens even more, simmering for another 10 minutes. Remove from the heat and stir in the vanilla. The sauce is now ready to use, yay!

3. Store extra *dulce* in a tightly covered container in the fridge; it lasts for weeks if not forever.

*From Viva Vegan! by Terry Hope Romero. Republished by the [Tiki Tiki Blog](#) with permission from De Capo*

*Lifelong Books.*

*To read the Tiki Tiki interview with Terry, please visit [Tiki Tiki Blog](#).*

This is what Un-Dulce de Leche is supposed to look like:

