



Vegan Dulce de Leche

Ready for a healthy, protein-rich vegan dessert? Check out this recipe for vegan dulce de leche, which can be served as a topping for cookies, sundaes, crepes, cake or just about any other dessert you enjoy. The secret ingredient is the protein powder, which works as a binder - and helps get your protein fix for the day.

Ingredients

2 cups brown rice syrup
1/2 cup soft light brown sugar
1/4 cup soy, rice or whey protein powder
1 teaspoon pure vanilla extract

Preparation Process

Heat the brown rice syrup by microwaving for 1-2 minutes or by heating it (while still in the jar) in simmering water until liquefied

Pour the syrup into a bowl and whisk in the brown sugar, preferably with an electric mixer, until the sugar is completely dissolved

Beat in the protein powder and vanilla until the mixture is smooth, then pour into a jar

Cover and refrigerate until thickened. Serve over your favorite dessert.

If you want to watch the video again. Click [here](#).