C:\Users\Scott\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AICFQCEG\MC900437763[1].wmf*A Recipe from Know Gluten*

**Easy Gluten Free Crock-Pot Caramel Sauce**

## Ingredients:

* 1 14oz can sweetened condensed milk

## Directions:

1. Pour sweetened condensed milk into a 1 pint (16 oz, 2 cups, 500ml) sized Mason jar and screw on the lid.
2. Place Mason jar in Crock-Pot.
3. Fill bowl of Crock-Pot with hot water so it comes about half way up the Mason jar.
4. Cook on high for 3-4 hours or low for 6-8 hours.