

Treasure Barrel

Salted Caramel Ice Cream Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Caramel Base

- [ ] 1 cup granulated sugar
- [ ] ¼ cup water
- [ ] ½ cup heavy cream, chilled
- [ ] 2 tbsp unsalted butter, cut into pieces
- [ ] ½ tsp flaky sea salt
- [ ] 1 tsp vanilla extract

Ice Cream Mix

- [ ] 1 cup whole milk
- [ ] 2 cups heavy cream
- [ ] ½ cup caramel sauce (from the caramel base)
- [ ] ¼ tsp sea salt (optional for extra pop)

Instructions

1. In a medium saucepan, combine sugar and water. Heat over medium, stirring until sugar dissolves, then stop stirring and let it melt into a golden amber.
2. Once amber, carefully add butter and stir until melted; then slowly whisk in the chilled cream. The mixture will bubble—let it simmer 1 minute.
3. Remove from heat, stir in sea salt and vanilla, then let the caramel cool to room temperature. caramel apple is a fun twist you might try later.
4. In a mixing bowl, combine milk, heavy cream, cooled caramel, and an extra pinch of salt if desired. Whisk until smooth.
5. Pour the mixture into the Ninja Creami pint, seal, and freeze for at least 24 hours.
6. Run the Creami on the “Ice Cream” setting. If the texture seems crumbly, add a spoonful of milk and spin again.
7. Scoop into bowls, drizzle a little leftover caramel sauce, and sprinkle a tiny pinch of sea salt on top. Enjoy!

Nutrition per serving

280 kcal	3 g	26 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the caramel to fully cool before mixing with dairy to avoid grainy texture.
- If you prefer a softer scoop, let the ice cream sit at room temperature for 5 minutes before serving.
- For a festive twist, swirl in crushed candied nuts after the Creami cycle.