



# Sweet & Salty Caramel Apples

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 45 minutes

## Ingredients

- 6 small apples
- 1 cup pure maple syrup
- 1/2 cup honey (additional maple, if vegan)
- 3/4 cup heavy cream (canned coconut cream, if vegan)
- 1/2 teaspoon vanilla extract or vanilla bean powder
- melted chocolate, for drizzling (optional)
- flaky sea salt (optional)

## Instructions

Insert wooden skewers or twigs into the apples. Line a baking sheet with parchment paper.

In a medium pot, combine the maple syrup, honey, and cream. Bring to a boil over high heat. Boil 10-12 minutes or until thickened to a caramel-like sauce. It should easily coat the back of a wooden spoon. Remove from the heat and stir in the vanilla and a pinch of sea salt.

Very carefully transfer the caramel to a heat-proof bowl.

Working quickly, swirl the apples in the caramel, then place on the prepared baking sheet. Repeat with remaining apples. If the caramel stiffens too much to dip, warm for 15-20 seconds in the microwave to loosen it back up.

Let the caramel set, about 10-15 minutes, then dip/drizzle each apple with melted chocolate. Let the chocolate harden (you can put them in the refrigerator), then enjoy! The apples will keep in the fridge for about 1 week.