



Laura's Recipe Corner

Great Recipes from Laura McKay!

CHOCOLATE CARAMEL APPLES RECIPE

RECIPE <http://shewearsmanyhats.com/chocolate-caramel-apples/N>

Recipe and Photo by Amy Johnson, www.shewearsmanyhats.com/chocolate-caramel-apples/;

Modifications in red by Laura McKay, B.S., Health Educator

PREP TIME: 45 mins; COOK TIME: 10 mins; TOTAL TIME: 55 mins; SERVES: 5

It's easy to make Chocolate Caramel Apples right at home. They're great for sharing as gifts or for any festive occasion.

Instead of all the candy and unhealthy treats this fall and holiday season, try this recipe for a fun, tasty and healthy treat!
~Laura

INGREDIENTS:

5 ripe apples, washed and dried (Honey Crisps and Granny Smith are excellent choices)

wooden skewers, lollipop/sucker or popsicle sticks

11 ounces caramels (caramel bits work best)* **See note below for allergy friendly version**

12 ounces good chocolate for melting (I recommend Merckens Dark Chocolate Break Up. Also, I used dark chocolate, but use what you like). **(Use Enjoy Life Chocolate Bar or chips.)**

optional: toppings for sprinkling, dipping or drizzling (chopped nuts, candy sprinkles, melted chocolate for drizzling). **I recommend a variety of nuts/seeds, chocolate chips, shredded coconut.**

INSTRUCTIONS:

Prepare apples for dipping. If using sticks, insert into apples at stem stopping before puncturing through bottom of apple.

Line baking sheet with wax paper and spray with cooking spray.

Melt caramels according to package instructions.* One at a time dip apples, letting extra caramel drip off. Place on wax paper to cool. Once all have been dipped, place in refrigerator for at least an hour to let caramel set up.

Using kitchen shears, if needed trim caramel "feet" (extra blob of caramel on bottom of apple) off of apples before dipping in chocolate.

Melt chocolate according to package instructions. Dip caramel covered apples in chocolate until evenly covered. Let extra chocolate drip off. If adding toppings, sprinkle, dip or drizzle now. Place finished apple on wax paper until set.

Serve right away or cover and refrigerate until needed. Depending on the apple, these should keep 3-5 days refrigerated.

***To make your own caramel using one ingredient (apple juice),**
go to website, <http://www.greenthickies.com/how-to-make-caramel-syrup-honey-sugar-free-vegan/>.

For other ideas with apples and chocolate, visit: <http://paleoeatsandtreats.com/apple-cookies/#sthash.E87Vm83u.dpbs>
or <http://www.anediblemosaic.com/healthy-candy-apple-wedges-paleo/>.

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