

CARAMEL APPLES

Yield: 6 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- ⅓ cup packed light brown sugar
- ¼ cup agave nectar
- 2 Tbsp. butter
- ⅛ tsp. salt
- 3 Tbsp. unsalted nuts, such as peanuts or pecans (chopped)
- 6 small apples

PREPARATION

1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 min. more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 min. Remove from the heat.
3. Working quickly, spoon about 1 Tbsp. of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.
4. Let cool on the baking sheet for 5 min. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 min.

Make Ahead Tip: Store in wax paper at room temperature for up to 1 day.

NUTRITION

Per serving: Calories: 225; Fat: 6 g (3 g saturated fat); Cholesterol: 10 mg; Carbohydrates: 44 g; Protein: 2 g; Fiber: 4 g; Sodium: 54 mg.

Recipe courtesy of Eating Well