



Makes 4 caramel apples
Preparation Time: 10 minutes
Cook Time: 1 hours 50 minutes

INGREDIENTS:

Date Paste

4 Apples

4 Sticks

Toppings such as nuts, cacao nibs, unsweetened defatted coconut, or Goji berries

Healthy Caramel Apples

When I gave up processed and refined sweeteners I never thought I would be able to enjoy a caramel apple again, until I created this recipe. Even without caramel, they look just like the real thing and people of all ages love them!

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Chef AJ

- 1 Make [Date Paste](#).
- 2 Place apple upside down on a flat surface and push stick into the center. Roll the apple in date paste, using your hands, if necessary, to get it to stick over the entire surface of the apple. Roll in your favorite topping such as nuts, cacao nibs, unsweetened defatted coconut or Goji berries or a combination. Chill well before serving.