

Caramel Apple Skewers

Preparation: 15 minutes

Yield: 24 skewers

Recipe: by Elysia Carlidge from Haute Healthy Living

Source: <https://www.hauteandhealthyliving.com/caramel-apple-skewers/#recipe>

These “Caramel” Apple Skewers are a healthier version of caramel apples since the drizzle is a source of healthy fats and protein. They make a cute, fun and healthier appetizer or snack, perfect for those parties and get togethers.

NOTE: I have added a dash of cinnamon to the caramel sauce and fresh mint leaves to use as garnish on skewers. This is completely optional.



**2 apples, washed and diced into 1/2 inch cubes
(NOTES)*
1/2 lemon, juiced**

CARAMEL SAUCE

**3 tablespoons almond butter, the drippy kind
(NOTES)**
2 tablespoons maple syrup
1 teaspoon vanilla extract
1 tablespoon water**

**pinch salt
heavy pinch cinnamon, optional
fresh mint leaves, optional**

TOPPING OPTIONS

**chopped pecans
sliced almonds
semi-sweet mini chocolate chips
shredded coconut**

1) Wash apples and dice into 1/2 inch cubes. Place in a medium sized bowl and squeeze lemon juice over them and mix to prevent them from browning.

2) Next, skewer one mint leaf on skewer the pieces of apple onto a toothpick. Approximately four pieces should fit on each toothpick. Place the apple skewers on a serving tray or large plate.

CARAMEL SAUCE

3) In a small bowl, mix together the ingredients for the caramel sauce. Transfer the mixture into a squeeze bottle if desired.

4) Using the squeeze bottle or a spoon, drizzle the caramel sauce evenly over the apple skewers and sprinkle with desired toppings. Serve immediately or store in a container in the fridge for up to a day.

NOTES:

* When making these skewers, select an apple variety that doesn't tend to brown as easily. Some good choices might be Gala, Cortland, Cameo, Empire, and Ambrosia. For best results, serve these skewers fresh since the apple may start to brown the longer that it sits. If you'd like to make them ahead of time, prepare the “caramel” drizzle and toppings and dice the apple just before serving.

** If you can find a drippy almond butter with a more runny consistency, that usually works best for the drizzle. If your almond butter is hard, you can soften it by microwaving it for 30 seconds to a minute, or heating the caramel

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drizzle mixture in a small saucepan on the stove. Adjust the consistency of the caramel drizzle according to personal preference. Start with less water and gradually increase if you prefer a thinner consistency.