



Vegan Caramel Apple Dips

4 servings

15 minutes

Ingredients

- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Mini Chocolate Chips
- 1/2 cup Coconut Oil
- 1/2 tsp Cinnamon
- 1 1/2 tsps Maple Syrup
- 1/4 cup Almond Butter
- 1/2 tsp Vanilla Extract
- 1/8 tsp Cinnamon (pinch)
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	386
Fat	39g
Carbs	7g
Fiber	2g
Protein	4g

Directions

- 1 Line a baking sheet with parchment paper. Place chocolate chips, coconut, and chopped peanuts into small separate bowls.
- 2 Melt the coconut oil, maple syrup and almond butter together, stirring until smooth. This is your caramel sauce!
- 3 Dip each apple slice in the caramel (coating about 3/4 of the slice) and then coat with the topping of choice with the mixture on all sides. Transfer to the baking sheet.
- 4 Freeze for about 10 minutes or until caramel has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly: Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

No Coconut: Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

Caramel Substitution: Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.