

PB Caramel Apple Pops



Servings:

8 pops

Prep Time:

15 min

Cook Time:

10 min

Ingredients

- 4 Green Apples
- 5 tbsp Coconut Oil
- 4 tbsp Maple Syrup, Pure
- 1 tsp Vanilla Extract
- Pinch Salt
- 1/2 cup Peanut Butter, smooth
- 1/4 cup Milk (of choice)
- Toppings: Chopped Nuts / Sprinkles / Chocolate Drizzle

Method of Preparation

Step 1

Slice apples in 1/2"-3/4" wide slices. You will get 2 slices per apple.

Add the slices to lemon water.

Step 2

In a small saucepan, melt coconut oil over medium-high heat.

Step 3

Whisk in maple syrup, vanilla, and salt. Bring the mixture to a boil.

Step 4

Whisk in the peanut butter. Whisk continuously until the mixture starts to thicken, about 4-5 minutes.

Step 5

Turn off heat and add in milk. It should become smooth and silky.

Set aside and cool slightly before dipping the apples.

Step 6

Dry off apples and add them to a parchment paper lined sheet pan.

Step 7

Make a small slit in the bottom of each apple slice.

Step 8

Gently push in a popsicle stick until you are about to the center of the apple.

Step 9

Dip the apple slices in the caramel, completely coating.

Step 10

Add desired toppings or chocolate drizzle.

Place in the fridge for 20-30 minutes to allow the caramel to set. Your caramel apple pop won't harden, it will be a soft caramel texture, enjoy!

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