
Caramel Apples

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 35 minutes

6 large Granny Smith apples

6 wooden craft sticks

1 bag (14 ounce) unwrapped caramels

1 tablespoon vanilla extract

2 cups chopped pecans OR peanuts, toasted

1 bag (12 ounce) semisweet chocolate morsels (optional)

pecan halves (optional)

Wash and dry the apples. Remove the stems. Insert a craft stick into the stem end of each apple. Set aside.

In a microwave-safe glass bowl, combine the caramels, vanilla and one tablespoon of water. Microwave on HIGH for 90 seconds or until melted, stirring twice.

Dip each apple into the caramel mixture quickly, allowing any excess caramel to drip off. Roll the apple in the chopped nuts. Place the apples on a lightly greased wax paper.

Chill for at least 15 minutes.

If you desire to make chocolate-dipped caramel apples, microwave the chocolate morsels on HIGH for 90 seconds or until melted, stirring twice. Cool for 5 minutes. Pour the chocolate where the craft sticks and the apples meet, allowing the chocolate to drip down the sides of the caramel apples.

Press pecan halves onto the chocolate, if desired.

Chill for 15 minutes or until set.

Yield: 6 apples

Dessert

Per Serving (excluding unknown items): 410 Calories; 1g Fat (1.7% calories from fat); 2g Protein; 99g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 6 1/2 Fruit.