

# Caramel Apples

*Helen Furman*

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*6 large or 12 small apples*  
*6 to 12 skewers*  
*1 cup sugar*  
*1 1/4 cups sweetened*  
*condensed milk*  
*1/2 cup corn syrup*  
*1/8 teaspoon salt*  
*1 teaspoon vanilla*

Wash and dry the apples. Place skewers in the apples.

In a heavy saucepan, combine the milk, sugar, syrup and salt. Mix well. Cook slowly, stirring constantly, to 250 degrees or to soft ball stage.

Remove from the heat. Add the vanilla and cool slightly.

Working quickly, dip each apple in the mix and twirl until well coated.

Place on wax paper and allow to harden.

Per Serving (excluding unknown items): 2964 Calories; 36g Fat (10.5% calories from fat); 32g Protein; 661g Carbohydrate; 22g Dietary Fiber; 130mg Cholesterol; 942mg Sodium. Exchanges: 8 1/2 Fruit; 7 Fat; 35 1/2 Other Carbohydrates.