

Health Nut Coated Caramel Apples

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*1 1/2 cups sugar
1/2 cup water
1/4 cup heavy cream
1/4 teaspoon vanilla
1/4 teaspoon salt
4 apples
chopped walnuts (for
coating)
dried cranberries (for
coating)*

In a saucepan over medium heat, cook the sugar and water, swirling the pan but not stirring, until caramel- colored.

Remove from the heat. Stir in the cream, vanilla and salt.

Transfer to a four-cup liquid measuring cup. Cool slightly.

Insert sticks into the stem ends of the apples.

Dip into the caramel, letting the excess drip off.

Roll in the chopped walnuts and then the dried cranberries.

Place the apples on a parchment-lined baking sheet coated with cooking spray to cool.

Per Serving (excluding unknown items): 1695 Calories; 24g Fat (12.2% calories from fat); 2g Protein; 386g Carbohydrate; 15g Dietary Fiber; 82mg Cholesterol; 562mg Sodium. Exchanges: 5 1/2 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 20 Other Carbohydrates.