

Recipe makes

10 servings

Prep time

30 minutes

Cook time

15–20 minutes

**NUTRITION INFO
PER SERVING**

(1 caramel apple)

Calories 430**Protein** 0.8 g**Phenylalanine** 24 mg**INGREDIENTS**10 medium-sized
apples

1 cup butter

2 cups light brown
sugar, packed1 cup light corn
syrup11 fl oz lite coconut
milk, canned

1/4 teaspoon salt

**10 wooden
popsicle sticks****Candy thermometer****DIRECTIONS**

- 1** Wash apples in very warm water; dry well, and insert a popsicle stick into each. Set aside on a parchment paper-lined cookie sheet.
- 2** Heat butter in a medium-sized pot over medium high heat.
- 3** Add brown sugar and stir until melted and well combined.
- 4** Add corn syrup and coconut milk.
- 5** Bring to a boil and continue to cook, stirring constantly until a candy thermometer reads 235°F. (This may take a while — approximately 15–20 minutes).
- 6** Remove pan from heat and stir in salt.
- 7** Dip each apple into the caramel, rotating to coat completely. Be sure to work quickly. Place dipped apples on the parchment-lined cookie sheet.
- 8** As apples cool, some caramel will pool at the bottom. Once cool, twist the apples to remove from the parchment paper.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website www.VitafloUSA.com and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2021 Nestlé.

VFUSA_CARMELAPPLES_102021



Enhancing Lives Together
A Nestlé Health Science Company