the Frugal Chef

Caramel Apples

Serves eight

8 small green apples
8 lollipop sticks
1 cup dulce de leche
1/2 cup brown sugar
1/4 cup cream - can be heavy or whipping
1/4 cup dark corn syrup
2 TBS unsalted butter
1 tsp. vanilla extract

Wash and dry the apples well. Remove the stem and insert a lollipop stick into each one. Place them on a lightly buttered piece of wax paper.

Place the dulce de leche, cream, corn syrup, brown sugar, butter and vanilla in a heavy bottom pan. Whisk until all ingredients have mixed well. Switch to a wooden spoon, reduce the heat to low, and stir the caramel until it forms a soft ball and separates from the sides of the pot. This will take between 20 to 30 minutes.

Tilt the pot and swirl in the apples to coat them evenly. Work fast so that your caramel will not get too hard as it cools. Shake off the excess caramel and place the apple on the waxed paper. Refrigerate for at least an hour. Enjoy!

CALORIES 284.82; FAT 9.48 grs (sat 5.64; mono 2.47; poly 0.34); PROTEIN 3.22 grs ; FIBER 0.00 grs; CARBS 47.66 grs; CHOLESTEROL 30.91 mg; IRON 0.14mg; SODIUM 70.63 mg; CALCIUM 121.88 mg

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