



FORKS OVER KNIVES™

Caramel Apples | by Chef AJ

From **UNPROCESSED**

Photo by **Eco-Vegan Gal**



Caramel Apples

Date Paste (recipe follows)

Apples

Sticks

Date Paste

One pound of pitted dates

One cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

Instructions:

Make Date Paste (recipe follows)

Place apple upside down on a flat surface and push stick into the center. Roll the apple in date paste, using your hands, if necessary, to get it to stick over the entire surface of the apple. Roll in your favorite topping such as nuts, cacao nibs, unsweetened defatted coconut or Goji berries or a combination. Chill well before serving.

Date Paste Instructions:

Soak dates in liquid overnight or for several hours until much of the liquid is absorbed. In food processor fitted with the "S" blade, process dates and liquid until completely smooth. Store date paste in the refrigerator.

Chef's Note: Sticks for Caramel Apples can be found at craft stores or cake decorating stores. If you have trouble finding them, slice apple into wedges and make individual dipped apple slices.