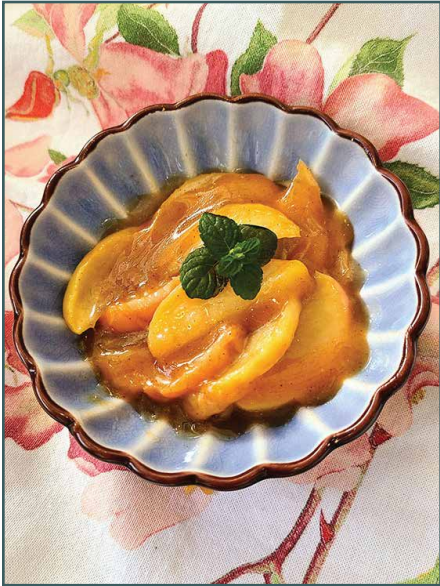




HONEY CARAMEL APPLES SLICES



Ingredients

- 2 apples
- 2 tbsp honey
- 2 tbsp butter
- 1/4 - 1/3 cup plant-based or dairy milk
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- pinch of ground nutmeg
- pinch of sea salt
- optional: 1/2 cup whipped cream / vanilla ice cream



Instructions

Servings
2

Prep Time
5 mins

Cook Time
20 mins

Prepare the whipped cream before you start this recipe if you are planning to have some!

1. Peel and core the apples, then cut them up into thin slices.
2. Add the apples and water to a saucepan over high heat. Simmer for 5 minutes, stirring regularly.
3. Add the butter and turn the heat down to medium. Simmer for 3 minutes, stirring constantly.
4. Add the honey and keep stirring. Let simmer 5 more minutes until the mixture is very bubbly, like soap suds.
5. Add the milk and spices. Stir regularly as the mixtures reduces, so it doesn't burn for 5 more minutes. The caramelization is finished when you can scrape the sauce away cleanly from the bottom of the pot for a moment.
6. Plate the caramelized apples. Top with whipped cream or vanilla ice cream and a sprinkle of cinnamon.