

Chocolate Caramel Apple Slices

This recipe makes as much as you wish to prepare



Ingredients

Apples of choice
Bowl of lemon water bath
Caramel of choice
Hot fudge or chocolate of choice

Directions:

1. Wash the apples thoroughly, then slice them thinly. For even slices, you can use a 12-slice apple corer/slicer if available.
2. Place the apple slices immediately into a lemon water bath (a mix of water and lemon juice) to prevent browning.
3. Remove the apple slices from the lemon bath and gently pat them dry with a clean towel or paper towels.
4. Spread the dried apple slices in a single layer on a parchment-lined tray, ensuring they don't overlap.
5. Drizzle caramel sauce and hot fudge or melted chocolate evenly over the apple slices. Adjust the amount based on your preferred sweetness.
6. Freeze dry
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a tasty freeze dried treat!

Notes:

If you want a hint of tartness to your apples to balance the sweet, try Granny Smith or Honeycrisp. Otherwise Gala and Fuji are great apples for this.

Nutritional Value Per ½ apple (with 1 tsp caramel & 1 tsp chocolate sauce)
Calories: 110 Protein: 0 g Fat: 1 g Carbohydrates: 27 g Sugar: 23 g Fiber: 2 g