



CARAMEL APPLES

INGREDIENTS

6 apples
6 craft sticks
2 cups vegan sugar
 $\frac{2}{3}$ cup light corn syrup
 $\frac{1}{2}$ cup vegan margarine (Earth Balance brand recommended)
2 cups vegan non-dairy cream, divided (Wildwood or Silk brands recommended)
2 Tbs. vegan liquid lecithin (look for it in the vitamin section of natural food stores)
2 tsp. salt
3 tsp. vanilla

TO PREPARE

Remove stem from each apple and press a craft stick into the top. Set aside.

Prepare a greased or parchment paper-lined pan.

In a large stockpot, combine sugar, corn syrup, margarine, 1 cup non-dairy cream and lecithin and bring to a boil over medium-high heat, stirring occasionally. Pour in remaining 1 cup cream.

Return to boiling, stirring occasionally, until mixture reaches 245-250 degrees (soft ball stage).

Remove from heat and stir in salt and vanilla.

Wait 10 minutes to allow mixture to somewhat cool and thicken. Stir well.

Use one hand (covered with an oven mitt if needed) to grasp and tip the pan to pool caramel to one side of the stockpot. Using the other hand, submerge an apple in the caramel (all the way to the very top of the apple, but do not cover the stick or stem area), swirling if necessary to coat. Allow some of the excess caramel to drip off.

Place apple stick-side-up on the pan. Allow caramel to fully cool and solidify before serving. Placing the caramel apples in the refrigerator will speed this process.

