

Warm Caramel Apple with Vanilla Sauce

Servings per recipe: 1

Each serving counts as 1 fruit, 1 Tbsp milk

Each serving has 100 calories

Apples and caramel are always make for a winning team and here, a touch of delicious vanilla sauce really takes this treat over the top.

Ingredients

- 1 firm apple, such as Gala or Golden Delicious
- 1/4 cup purified water
- 5 drops Capella Caramel flavor drops
- 4 drops plain stevia or more to taste
- dash of ground cinnamon
- dash of ground nutmeg
- 1 Tbsp milk
- 5 drops vanilla stevia flavor drops



Directions

1. Stem, core, and dice the apple into 1/2-inch cubes and place in a small saucepan.
2. Combine the water, Caramel and plain stevia drops in a measuring cup and pour over the apples. Stir in the cinnamon and nutmeg.
3. Cook over medium heat, stirring often, until apples are softened, but still firm. Meanwhile combine the milk with the stevia vanilla drops.
4. Remove apples from heat, cool slightly, then transfer to a dish and serve warm with the vanilla sauce spooned over.



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