



Deconstructed Caramel Apple



Entire recipe: 208 calories, 5.25g total fat (2g sat. fat), 90mg sodium, 43g carbs, 5g fiber, 30.5g sugars, 2g protein

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Ingredients

- 1 Fuji or Gala apple, cored and thinly sliced
- 1 tbsp. fat-free, low-fat, or light caramel dip, room temperature
- 1 1/2 tsp. crushed dry-roasted peanuts
- 1 tsp. mini semi-sweet chocolate chips
- 1 tsp. shredded sweetened coconut

Directions

Place apple slices in a bowl, and drizzle with caramel dip.

Evenly sprinkle with remaining ingredients.

MAKES 1 SERVING

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