



Caramel Apple Pretzel Bark



1/2 of recipe: 187 calories, 10g total fat (6g sat. fat), 66mg sodium, 20g carbs, 12.5g fiber, 5g sugars, 2.5g protein

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Prep: 10 minutes **Cook:** 5 minutes or less

Chill: 45 minutes



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Ingredients

1/4 cup no-sugar-added white chocolate chips
1/4 cup chopped Granny Smith apple
1 1/2 tsp. light caramel dip
3 mini pretzel twists, broken into small pieces

Directions

Line a large plate with parchment paper.

Place white chocolate chips in a small microwave-safe bowl. Microwave for 1 minute, or until melted, stirring halfway through.

Spread chocolate onto the parchment-lined plate in a thin layer, about 1/8 inch thick. Top with apple, and lightly press to adhere.

In a small microwave-safe bowl, microwave caramel dip for 10 seconds, or until melted. Drizzle caramel over the apple-topped chocolate. Top with pretzel pieces.

Refrigerate for at least 45 minutes, or until firm. Break or cut into pieces.

MAKES 2 SERVINGS

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