

SLICED APPLES WITH CARAMEL DIP



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APPLES WITH CARAMEL DIP

Ingredients

- 1 large apple sliced
- 6 dates pitted and soft
- 1/4 teaspoon cinamon
- Splash of water

Directions

Slice the apple and place on a plate
Blend the dates and the cinnamon together with a splash of water until well combined

(Soak the dates in warm water if they are hard)

Spoon the mixture into a bowl.

It's ready to dip your sliced apples in the caramel