



## Caramel Apple Nachos



1/2 of recipe: 171 calories, 3g total fat (1g sat. fat), 99mg sodium, 37g carbs, 3.5g fiber, 25g sugars, 2g protein

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



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### Ingredients

1 large (or 2 small) Fuji apple(s)  
1/8 tsp. cinnamon  
3 tbsp. fat-free, low-fat, or light caramel dip  
1/4 oz. (about 1 tbsp.) chopped peanuts  
2 tsp. sweetened shredded coconut

### Directions

Core apple(s), and cut into half-moon slices about 1/4-inch thick. Lay slices on a large plate, and sprinkle with cinnamon.

In a small microwave-safe bowl, microwave caramel dip for 20 seconds, or until very warm.

Drizzle caramel over the apple slices, and top with peanuts and coconut.

### MAKES 2 SERVINGS

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