




# Apple Nachos with Caramel Sauce and Pecans

Prep Time 15 mins  
Total Time 20 mins  
Meal Type Breakfast,Snack  
Contributed By 

Source Living Plate Teaching Kitchen

Servings 4



## Ingredients

lb,c g,ml

- 1 lemon, *juiced*
- 3 apples, *sliced*
- 18 dates, medjool, *pitted*
- 1/4 cups peanut butter, creamy (or alternative)
- 1/2 tsp salt
- 1/4 cups chocolate chips, minis
- 1/4 cups pecans, chopped

## Directions

### Prep

1. Juice lemon and add to a medium bowl with cold water.
2. Slice apples and place in lemon water – set aside.
3. Soak dates in very hot water for 10 minutes – drain and reserve liquid.

### Make

1. Place dates in food processor and pulse until it forms a ball. Add peanut butter and pulse until combined, adding reserved date fluid [or warm water] until mixture is super creamy. Add enough liquid to create a sauce with your desired consistency.
2. Remove apples from lemon water, rinse, and pat dry. Arrange on a platter in a circular pattern.
3. Drizzle with caramel sauce and top with chocolate chips and pecans.

## Notes

Instead of peanut butter, you could use canned coconut milk to give caramel sauce a creamy texture. Use just enough to create a caramel sauce you can drizzle.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> <b>296</b>		<b>Total Fat</b> 17.6g	27%	<b>Total Carbohydrates</b> 32g	10%
per serving		Saturated Fat 4.9g	24%	Dietary Fiber 6g	22%
		Trans Fat 0.0g		Total Sugars 22g	
		Cholesterol 0mg	0%	<b>Protein</b> 6g	
		Sodium 343mg	14%		
Vitamin D 0mcg 0% · Calcium 29mg 2% · Iron 1mg 3% · Potassium 262mg 5%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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