



CHOCOLATE-CARAMEL APPLE NACHOS

SERVES: 4 (approx. 12 slices each) **Prep Time:** 20 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS: 1 1

- 1** Cold water
- 1** medium lemon, cut in half
- 2 Tbsp.** bittersweet chocolate chips
- ½ tsp.** extra-virgin organic coconut oil
- 4** small apples, cut into ¼-inch slices
- 2 Tbsp.** **FIXATE Vegan Caramel Sauce**
(see separate recipe for **FIXATE Vegan Caramel Sauce**)
- 2 Tbsp.** dried cranberries

- 1.** Fill a large bowl half full of water; squeeze lemon into it. Set aside.
- 2.** Place 1 inch of water in small saucepan. Bring to a gentle boil over medium-high heat. Reduce heat to low. Top with a heat-proof bowl. (Make sure the bowl is not touching the water.)
- 3.** Add chocolate chips and oil; stir occasionally for 3 to 5 minutes, with a rubber spatula, until chocolate is smooth and melted. Set aside.
- 4.** While chocolate is melting, add apple slices to lemon water (to keep them from browning). Let sit for 1 to 2 minutes. Drain apple slices. Pat dry with a paper towel.
- 5.** Spread out apple slices on a large platter. Drizzle with caramel sauce and melted chocolate. Sprinkle with cranberries and enjoy!

RECIPE NOTE:

- Tart apples, like Granny Smith, work nicely with this recipe.

NUTRITIONAL INFORMATION (per serving): Calories: 164 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 0 mg Sodium: 10 mg Carbohydrates: 32 g Fiber: 5 g Sugars: 24 g Protein: 1 g

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FIXATE VEGAN CARAMEL SAUCE

SERVES: 8 (2 Tbsp. each) Prep Time: 5 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving):  1


½ cup coconut sugar
2 to 3 Tbsp. water
1 cup canned coconut milk (shake well before opening)
1 pinch sea salt (or Himalayan salt)
½ tsp. pure vanilla extract


1. Combine sugar and water in small saucepan until you have the consistency of wet sand.
2. Cook over medium heat, stirring frequently, for 2 to 3 minutes, or until sugar has dissolved and syrup is a rich dark brown, but not burned.
3. Add coconut milk slowly; cook, stirring constantly, for 12 to 15 minutes, or until sugar has dissolved again and sauce is hot. (Be careful when adding coconut milk as mixture could splatter and sugar might seize.) Remove from heat.
4. Add salt and extract; mix well. Allow to cool before serving.

TIP:

Extra sauce can be stored in an airtight container in the refrigerator for up to a month and softened in the microwave before serving.

NUTRITIONAL INFORMATION (per serving): Calories: 106 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 33 mg Carbohydrates: 14 g Fiber: 0 g Sugars: 13 g Protein: 1 g

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