



Apple Nachos with Caramel Sauce and Pecans- with Allergen Swaps

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



Source Adapted from 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 (see notes for alternatives)
- 1/2 tsp salt
- 1/4 cups chocolate chips, minis
- 1/4 cups pecans, chopped (optional)

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

To accommodate a nut/peanut free environment, swap peanut butter for sunflower seed butter or use canned coconut milk to give caramel sauce a creamy texture. Use just enough to create a sauce you can drizzle. Use allergen-free Enjoy Life brand of chocolate chips and leave out the pecans.

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* |
|--------------------------------|------------|--|----------------|--------------------------------|----------------|
| Calories per serving | 296 | Total Fat 17.6g | 27% | Total Carbohydrates 32g | 10% |
| | | Saturated Fat 4.9g | 24% | Dietary Fiber 6g | 22% |
| | | Trans Fat 0.0g | | Total Sugars 22g | |
| | | Cholesterol 0mg | 0% | Protein 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.

- Show all nutrients -