

# INDY'S TOFFEE APPLES



## WHAT YOU'LL need:

- 4 of your favourite apples
- 7 dates
- 3 tablespoons of Nut Butter  
eg. peanut or almond
- 1 tablespoon of melted coconut oil
- 5 tablespoons of water
- 1 tablespoon of maple syrup (optional)
- 1 pair of chopsticks for every 2 apples
- Vegan chocolate (with no added sugar)
- Crushed nuts (optional)  
eg. cashews, peanuts, almonds
- Dried flowers

## HOW TO MAKE THEM:

1. Wash your apples and steadily insert one chopstick into each of their cores.
2. In a blender, place your dates, nut butter, coconut oil, water and maple syrup. Blend these ingredients together, adding water if the mixture is too thick. The consistency should be thick enough to spread. You might want to ask a grown-up for some help with this step!
3. Using a spoon, gently smear the date mixture over your apples.
4. Place your apples on a plate lined with baking paper and decorate them with your desired toppings.
5. Put your decorated apples in the fridge for around 1 hour.
6. Enjoy!

