

## **Sliced Apples with Homemade Caramel Sauce**

Provided by Chef Mat Shalenko for UofL Health Promotion Cooking Workshops

**Difficulty level- easy   Price- cheap**

### **Prep time:**

5 minutes

### **Cooking time:**

7 minutes

### **Yields:**

4 people

### **Ingredients:**

1 packed cup brown sugar

1/2 cup almond milk

4 tablespoons butter or margarine

Pinch salt

1 tablespoon vanilla extract

2 apples, sliced

### **Directions:**

Mix the brown sugar, almond milk, butter and salt in a saucepan over medium-low heat. Cook while whisking gently for 5 to 7 minutes, until it gets thicker. Add the vanilla and cook another minute to thicken further. Turn off the heat and cool slightly.

Serve with the apples slices for dipping.