

# Healthy Candy Apple Wedges

Can't get enough chocolate? Try this recipe for your daily fix. Use dark chocolate (which has fewer calories than milk chocolate and offers a healthy dose of antioxidants) and sprinkle with toasted walnuts.

## Ingredients:

- ¼ cup (60 ml) lemon juice or apple cider vinegar
- 2 medium apples, washed (I used Granny Smith because I like their tart flavor)
- 3 oz (85 g) good-quality dark chocolate, chopped
- 2 tablespoons toasted walnuts, chopped

## Directions:

1. Add the lemon juice or vinegar to a medium bowl and fill the bowl  $\frac{2}{3}$  full with cold water; set aside for now.
2. Core and quarter the apples; cut each quarter into 2 wedges so you end up with 8 wedges from each apple. Transfer the apple wedges to the lemon juice/water mixture to soak while you melt the chocolate and prepare the walnuts.
3. Meanwhile, melt the chocolate in a double boiler or microwave until smooth. Finely chop the walnuts and place them in a small dish.
4. Line a baking tray with wax paper and have it ready to place the apple wedges on.
5. Drain the apple wedges, and pat them dry with paper towels. Working with 1 apple wedge at a time, dip it in the chocolate (or drizzle the chocolate on top), and then sprinkle on some walnut. Place the wedge onto the prepared tray. Continue this way until all the apple wedges are coated.
6. Transfer the tray to the fridge so the chocolate can harden; serve.
7. Serve these within a couple hours of making them to help keep the apples from oxidizing.