



## Better-For-You Caramel Dip

**Prep: 10 minutes • Serves: 4**

- 1 cup pitted medjool dates
- ½ cup refrigerated unsweetened coconut milk
- 1½ tablespoons maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon fine sea salt

In blender, purée all ingredients on high until smooth. Makes about 1¼ cups.

*Approximate nutritional values per serving  
(5 tablespoons): 137 Calories, 1g Fat (1g Saturated), 0mg Cholesterol,  
146mg Sodium, 35g Carbohydrates, 4g Fiber, 26g Sugars, 1g Protein*

### Chef Tip

*Serve dip with apple and/or pear slices or whole grain pretzels.*

### Dietitian's Dish

> Skip the oversized caramel or red candy-coated apples! Instead, serve apple slices with a variety of dips and toppings – from kid-friendly candies to better-for-you toppings like this caramel dip, chopped nuts and folate-rich cereals. The apples provide fiber, pectin, quercetin and other health-protective nutrients.