



Long Livo

Caramel Apple Dessert Cups – Easy Recipe

15 min

Prep time

8

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Crust

- ☐ 1 1/2 cups graham cracker crumbs
- ☐ 3 tbsp melted butter
- ☐ 2 tbsp brown sugar

Filling

- ☐ 2 large apples, peeled and thinly sliced

- ☐ 1 tsp lemon juice
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/4 cup caramel sauce (store-bought or homemade)
- ☐ Pinch of sea salt

Instructions

- 1** Preheat your oven to 350°F (175°C) just to warm the kitchen, then combine graham crumbs, melted butter, and brown sugar; stir until the mixture looks like damp sand.
- 2** Press the crumb mixture firmly into the bottom of a standard 12-cup muffin tin, creating an even layer; chill for 5 minutes while you prep the apples.
- 3** In a bowl, toss the apple slices with lemon juice, cinnamon, and a tiny drizzle of caramel; this coats them and keeps them bright.
- 4** Arrange the apple slices on top of each crust, overlapping slightly; drizzle the remaining caramel over the apples and sprinkle a pinch of sea salt on each cup.
- 5** Let the cups sit at room temperature for 5-10 minutes, allowing the caramel to soften; serve warm or at room temperature.

Nutrition per serving

210 kcal

Calories

2 g

Protein

32 g

Carbs

9 g

Fat

Tips & notes

- If the caramel thickens too much, warm it gently over low heat before drizzling.
- For extra crunch, sprinkle toasted chopped pecans after adding the caramel.
- A dollop of whipped cream or vanilla yogurt adds a lovely contrast.