



Caramel Fried “Apples”

Ingredients:

- 4 cups Chayote squash, peeled and cut into small cubes
- 2 teaspoons olive oil
- 3 packets of Splenda or Truvia
- 4 tablespoons water
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon (or apple pie spice or pumpkin pie spice)
- 2 tablespoons Walden Farms Caramel syrup
- 2 tablespoons Walden Farms Apple Butter (or WF pancake syrup)

Directions:

1. Place chayote in a microwave safe bowl, add 1” water. Cover and microwave for 8 minutes; drain.
2. Heat the oil in a medium sized frying pan on medium/medium high heat. Add Chayote and all remaining ingredients.
3. Stir fry the mixture until the chayote browns and softens. About 10 minutes.
4. Turn heat to low (add more water if necessary), cover and let sit for 5 minutes; stir occasionally. Turn off burner and cool; drain juice and discard.
5. Place the caramel “apples” in a container and refrigerate or freeze until ready to use.