

Choco Fever Dream

Caramel Apple Dessert Cups – Easy Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
8 Servings	**Easy** Difficulty	**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	2 g	32 g	9 g
Calories	Protein	Carbs	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.