

Chocolate-Coated Apple Donuts

Dress up your daily apple by making these Chocolate-Coated Apple Donuts for a heart-healthy snack. Rich in fibre, antioxidants, and flavonoids, apples can help reduce the risk of heart disease by lowering LDL cholesterol levels and inflammation.

Enhanced with **CanPrev's Liposomal Magnesium** in a delightful nutty chocolate caramel flavour, each bite supports over 800 biochemical reactions in the body, regulating heart muscle contractions, electrical signals, and maintaining healthy blood pressure levels.



Preparation time: 15 mins | Servings: 7



Ingredients

Base:

- 1 large apple

Chocolate coating:

- $\frac{2}{3}$ cup semi-sweet chocolate chips
- $\frac{1}{2}$ teaspoon coconut oil

Caramel glaze:

- 1 tsp coconut oil, melted
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 teaspoons Liposomal Magnesium

Topping:

- Shredded coconut
- Pinch of sea salt

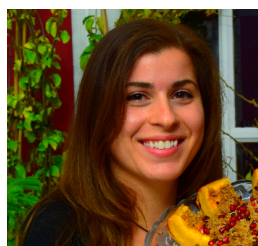
Method

1. In a double broiler, melt chocolate chips with coconut oil to make the chocolate coating.
2. With a sharp knife, slice apple sideways into about seven half-inch-thick rings. Remove the core by cutting a small hole in the centre of each ring to make a "donut."
3. Dip each apple ring into the melted chocolate, making sure to coat both sides. Place on parchment-lined tray.
4. Once all apples have been coated, refrigerate apple rings till the chocolate has set.
5. In a small bowl, combine Liposomal Magnesium with the vanilla and melted coconut oil to make the caramel glaze.
6. Remove the chocolate-coated apple slices from the refrigerator, and using a spoon, drizzle the chocolate caramel glaze over each apple slice. Sprinkle shredded coconut and sea salt over caramel glaze to garnish.
7. Refrigerate apple donuts for a few hours until the glaze hardens. Enjoy!

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Developed by: Lena Tashjian



Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.

