

Choc-dipped apple party pops



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Preparation 15 mins | Cooking 2 mins | Makes 8

Great for school fetes and celebrations, these pops can be stored in the fridge for up to 1 day. You'll need 8 paddle-pop sticks for this recipe.

8 small Pink Lady or Royal Gala apples
375g dark or milk chocolate melts
Hundreds & thousands or crushed peanuts, for dipping

STEP 1 Line a baking tray with baking paper. Insert a paddle-pop stick into the core of each apple.

STEP 2 Melt chocolate melts, following packet directions, in a small deep heatproof bowl. Dip an apple, half way into the melted chocolate and rotate to coat. Drain any excess chocolate. Sprinkle chocolate with hundreds & thousands or crushed peanuts and place onto the tray to set. Repeat using remaining apples.

Good for you... APPLES

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us - and especially kids - regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.

