



## Salted Caramel Apple Hand Pies

**Prep: 35 minutes**

**Bake: 30 minutes • Serves: 12**

- 1 medium Granny Smith apple
- ¼ cup packed light brown sugar
- 1 tablespoon all-purpose flour plus additional for dusting
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 package (15 ounces) refrigerated pie crusts
- 12 individually wrapped caramels, cut in half
- 1 large egg
- 1 teaspoon coarse sea salt

**1.** Preheat oven to 375°. Line rimmed baking pan with parchment paper.

**2.** Core and thinly slice apple; coarsely chop slices. (You should have about 2 cups.) In large bowl, toss sugar, flour, lemon juice, cinnamon, nutmeg and apples. Dust work surface with flour.

**3.** Soften 1 pie crust as label directs; unroll pie crust. With 3-inch round cutter or glass, cut 9 circles from dough. Gather dough scraps; with rolling pin, roll out scraps and cut 3 more circles. Place about 2 tablespoons apple filling and 2 pieces caramel in center of 6 circles; top each with remaining 6 circles. Seal edges of pies with fork; transfer pies to prepared pan. Repeat process with remaining pie crust to make 6 more pies.

**4.** In small bowl, whisk egg; evenly brush tops of pies with egg and sprinkle with salt. With paring knife, cut 2 vents in top of each pie. Bake pies 30 to 35 minutes or until golden brown. Makes 12 hand pies.

*Approximate nutritional values per serving (1 pie):  
207 Calories, 10g Fat (4g Saturated), 19mg Cholesterol,  
383mg Sodium, 30g Carbohydrates, 1g Fiber, 2g Protein*