

# LYNCHBURG

is for

# LOCAVORES

COOKING DEMONSTRATION WITH BRENDA PEREGOY

FIND HER AT CROOKED CREEK!



## Fluffy Caramel Apple Dip Recipe

1 Package (8 Oz) Cream Cheese, Softened  
1/2 Cup Packed Brown Sugar  
1/4 Cup Caramel Ice Cream Topping  
(Make Your Own With Recipe On Back)  
1 Tsp Vanilla Extract  
1 Cup Marshmallow Cream  
3 Medium Tart Apples  
2 Tbsp Lemon Juice  
2 Tbsp Water

In a small bowl, beat the cream cheese, brown sugar, caramel topping and vanilla until smooth; fold in marshmallow cream. Yields 2 cups.

Cut apples vertically into thin slices. In a small bowl, combine lemon juice and water; toss apples in lemon juice mixture. Drain. Serve apple slices with dip.

Fun Tip: Using Halloween cutters, cut out the center of each apple slice.

## MORE RECIPES ON BACK!



## Easy Caramel Sauce

1 Packed Cup Brown Sugar  
1/2 Cup Half-and-half  
4 Tbsp Butter  
Pinch Salt  
1 Tbsp Vanilla Extract

Mix the brown sugar, half-and-half, butter and salt in a saucepan over medium-low heat. Cook while whisking gently for 5 to 7 minutes, until it gets thicker. Add the vanilla and cook another minute to thicken further. Turn off the heat, cool slightly and pour the sauce into a jar. Refrigerate until cold. Yields 1.5 cups.

## Peanut Butter Honey Yogurt Dip

1 (6 Oz) Container Plain Greek Yogurt  
3 Tbsp Creamy Peanut Butter  
3 Tsp Honey

In a small bowl, combine Greek yogurt, peanut butter, and honey. Stir until combined and smooth. Serve with apple slices, great with graham crackers, pretzels, cookies, or other cut up fruit.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!  
FEATURED CHEF IVY TAYLOR.

