

Caramel Appledoodles

Adapted from [Prevention RD](#) & [The Jey of Cooking](#)

Ingredients:

8 tablespoons (1 stick) unsalted butter, room temperature
2/3 cup brown sugar
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2 eggs
2 cups all-purpose flour
2 tablespoon cornstarch
1 teaspoon baking soda
1/2 teaspoon salt
1/8 teaspoon fresh nutmeg
1 medium apple, peeled, cored and finely diced
1 cup soft caramels, finely chopped (i.e. [Kraft Caramel Bits](#) or [Werther's Soft & Chewy Caramels](#))

For Rolling:

1/3 cup sugar
1 tablespoon cinnamon
pinch of nutmeg

Preparation:

In the bowl of the stand mixer, cream the butter and sugars together until light and fluffy. Add the eggs and mix until combined.

In a medium bowl, whisk together the flour, cornstarch, baking soda, salt and nutmeg. Slowly add the flour mixture to the wet ingredients and mix until on low speed until combined. Fold in the chopped apple and caramel bits. Let cookie dough mixture chill in refrigerator for 1 hour.

When ready to bake the cookies, preheat the oven to 350 degrees. Line your baking sheets with parchment paper or silpat baking mat.

In a small bowl, mix the 1/3 cup sugar, cinnamon and nutmeg until combined. Using a tablespoon or small cookie scooper, roll the balls of cookie dough in the sugar mixture. Place on prepared baking sheets about 3 inches apart.

Bake for 14 to 16 minutes, turning the pan midway baking time (*only if you don't have a convection oven*).

Let cookies rest on baking sheets for at least 5 minutes before placing on cooling racks. Enjoy immediately and try not to eat them all.

Yield: 40 cookies

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