



nAMI Walks

YOUR WAY

Foodie Friday



Caramel Apple Crescents

Here's a nice little after dinner treat for when you have a craving for apple pie but not the time to make one.

1 (8 oz) tube crescent dough	2 tbsp. melted butter 1tbsp sugar
2 medium apples, sliced	1/2 tsp cinnamon
8 caramel candies	

Directions: Preheat oven to 350 degrees and line a sheet tray with parchment paper.

Unroll crescent dough and separate into individual triangles. Place an apple slice on the wider end of each triangle. Place one caramel candy on top of each apple slice.

Roll up the crescent starting at the wider end, keeping the apple slice and caramel candy inside.

Place crescents on parchment lined sheet tray, then brush with melted butter and sprinkle with sugar and cinnamon.

Bake until the crescents are golden, 18 to 20 minutes. Serve warm. *(recipe from delish.com)*

NAMI Vermont Minute:

Apples are a sure sign of fall, along with leaves changing colors, and cooler weather. Another sign of fall? NAMI Vermont's Annual Business Meeting. This meeting is a chance for ALL members to hear updates about NAMI Vermont's advocacy work, highlights from this year's programs and events. And there's an opportunity to share ideas to help guide NAMI Vermont's strategic direction.

This year's event will be Saturday, November 7, 9:30 am - 1 pm and will be a virtual meeting.

Special guest speaker: Dr. Ken Duckworth, Chief Medical Officer of NAMI

[Click here to learn more and register today!](#)