

Scoopable Slow-Cooker Apple Pie

1/8th of recipe (about 3/4 cup): 64 calories, <0.5g total fat (0g sat fat), 73mg sodium, 20.5g carbs, 1.5g fiber, 11g sugars, <0.5g protein

Prep: 5 minutes

Cook: 1 1/2 hours

Cool: 10 minutes

Ingredients:

8 cups peeled and sliced Granny Smith apples (about 8 medium apples)

2 tbsp cornstarch

1/3 cup granulated Splenda

2 tsp lemon juice

1 1/2 tsp cinnamon

1 tsp vanilla extract

1/4 tsp ground nutmeg

1/4 tsp salt

Optional topping: natural light whipped topping

Directions:

1. Spray slow cooker with nonstick spray, place apples in a slow cooker.
2. In a medium bowl, combine cornstarch with 3/4 cup water. Whisk to dissolve. Add Splenda, lemon juice, cinnamon, vanilla, nutmeg and salt, whisk well.
3. Pour mixture over apples, and stir to coat.
4. Cover and cook on high for 1 1/2 hours, or until apples have softened and liquid has thickened.
5. Let cool and thicken, about 10 minutes.