

SWEET AND CRUNCHY APPLE CUPS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 apple cup with yogurt)

Nutrition (per serving)

Calories: 45

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 50 mg

Total Carbohydrate: 8 g

Dietary Fiber: 1 g

Total Sugars: 4 g

Added Sugars: 1 g

Protein: 2 g

PREP TIME: 5 min

COOK TIME: 15 min

TOTAL TIME: 20 min



Ingredients

- ¾ teaspoon ground cinnamon, divided
- ½ teaspoon granulated white sugar
- Cooking spray
- 12 wonton wrappers
- 1 large Red or Golden Delicious apple, chopped (1 ½ cups)
- 1 teaspoon lemon juice
- ½ Tablespoon brown sugar
- 1 – 5.3 ounce container non-fat plain Greek yogurt
- ½ teaspoon vanilla extract
- 1 teaspoon honey



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Directions

1. Preheat oven to 325 degrees.
 2. In a small bowl, mix $\frac{1}{4}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon granulated sugar together.
 3. Spray muffin tin with cooking spray. Place 1 wonton wrapper in each muffin cup, gently pressing the center down and the edges along the side. Lightly spray the wrappers with cooking spray and sprinkle cinnamon sugar mixture evenly over each one. Bake for 14-16 minutes.
 4. Spray a medium skillet with cooking spray. Add chopped apple, lemon juice and brown sugar. Stir and cook on medium heat for 5-7 minutes or until apples soften a bit.
 5. Scoop apple mixture into wonton cups evenly.
 6. In a small bowl, stir together yogurt, vanilla and honey. Spoon on top of apple cups.
- Optional serving: Try topping with blue cheese crumbles instead of yogurt mixture for a sweet and salty version.