



Ooey-Goey Apple Pie Cones



1/5th of recipe (1 cone): 85 calories, 0.5g total fat (0g sat. fat), 67mg sodium, 19g carbs, 0.5g fiber, 10g sugars, 1g protein

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Prep: 10 minutes **Cook:** 20 minutes

Cool: 1 hour



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Ingredients

- 1 tsp. cornstarch
- 1 1/2 cups peeled and chopped Fuji apples
- 1 tbsp. granulated white sugar
- 1/8 tsp. vanilla extract
- Dash salt
- 1 tsp. cinnamon
- 5 sugar cones
- 1/2 cup plus 2 tbsp. Fat Free Reddi-wip (or natural light whipped topping)

Directions

In a small nonstick pot, combine cornstarch with 1/4 cup cold water, and stir to dissolve. Add apples, sugar, vanilla extract, and salt. Add 1/2 tsp. cinnamon, and stir well.

Set heat to medium. Stirring frequently, cook until apples have slightly softened and mixture is thick and goey, 14 - 16 minutes.

Transfer to a medium bowl, and let cool completely, about 1 hour.

Just before serving, evenly distribute apple mixture among the cones, and top each cone with 2 tbsp. Reddi-wip.

Sprinkle cones with remaining 1/2 tsp. cinnamon.

MAKES 5 SERVINGS

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