



Caramel Apple Dump Cake



1/8th of recipe (about 3/4 cup): 184 calories, 3g total fat (1g sat. fat), 306mg sodium, 41.5g carbs, 1.5g fiber, 22g sugars, 1g protein

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Prep: 15 minutes **Cook:** 2 hours on high or 4 hours on low

Cool: 10 minutes



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Ingredients

6 cups (about 6 medium) peeled and sliced Granny Smith apples
2 tbsp. cornstarch
2 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar)
2 tsp. vanilla extract
1 1/2 tsp. cinnamon
1/4 tsp. salt
1/8 tsp. ground nutmeg
1 3/4 cups moist-style spice cake mix (about 1/2 box)
1/4 cup unsweetened applesauce
2 tbsp. light whipped butter or light buttery spread
Optional topping: natural light whipped topping

Directions

Place apples in a slow cooker sprayed with nonstick spray.

In a medium bowl, combine cornstarch with 1/2 cup water. Whisk to dissolve. Add sweetener, vanilla extract, cinnamon, salt, and nutmeg. Whisk well.

Pour cornstarch mixture over apples, and stir to coat.

In a medium-large bowl, combine cake mix, applesauce, and butter. Stir until thickened and uniform. Spoon mixture over apples to evenly cover.

Cover and cook on high for 2 hours or on low for 4 hours, until apples have softened and topping is golden brown and cooked through.

Let cool slightly, about 10 minutes.

MAKES 8 SERVINGS

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