



On-The-Go Apple Pies



1/6th of recipe (1 pie): 96 calories, 0.5g total fat (0g sat. fat), 162mg sodium, 22.5g carbs, 1.5g fiber, 6.5g sugars, 2g protein

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Prep: 15 minutes **Cook:** 25 minutes

Cool: 20 minutes

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Ingredients

2 tsp. cornstarch
 3 cups peeled and chopped Fuji or Gala apples (about 3 apples)
 2 packets no-calorie sweetener (like Truvia)
 1 tsp. cinnamon
 1/4 tsp. vanilla extract
 1/8 tsp. salt
 6 large square egg roll wrappers (stocked with the tofu in the refrigerated section of the market)
 Optional topping: powdered sugar

Directions

In a medium nonstick pot, combine cornstarch with 1/2 cup water. Stir to dissolve.

Add apples, sweetener, cinnamon, vanilla extract, and salt. Stir well.

Set heat to medium. Stirring frequently, cook until apples have slightly softened and mixture is thick and gooey, 8 - 10 minutes.

Transfer to a medium bowl. Let cool slightly, about 20 minutes.

Meanwhile, preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute 1/6th of apple mixture (about 1/3 cup) on the bottom half of the wrapper.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the top half over the mixture so the top edge meets the bottom. Seal edges by pressing firmly with the prongs of a fork.

Place on the baking sheet, and repeat to make 5 more pie pockets.

Spray with nonstick spray. Bake until golden brown, about 15 minutes.

MAKES 6 SERVINGS

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