



Red Hot Apple Pie in a Cup



Entire recipe: 140 calories, 0.5g total fat (0g sat fat), 44mg sodium, 47g carbs, 3.5g fiber, 24.5g sugars, 0.5g protein

Freestyle™ [SmartPoints®](#) value 3*

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 10 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 medium Fuji apple, cored and cut into 1/2-inch cubes
12 to 15 pieces Red Hots Cinnamon Flavored Candy
2 low-fat cinnamon graham crackers (1/2 sheet), crushed
2 tbsp. Fat Free Reddi-wip
Dash cinnamon

Directions

Place apple cubes in a microwave-safe cup or mug. Top with Red Hots--the more you use, the hotter the results! Cover and microwave for 2 minutes.

Stir well. Re-cover and microwave for 1 to 2 minutes, until apple cubes are soft.

Mix well. Let cool.

Top with crushed graham crackers, Reddi-wip, and cinnamon. Voilà!

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.