



Spiralized Apple Pie



1/2 of recipe (about 2/3 cup): 101 calories, 0g total fat (0g sat fat), 78mg sodium, 26g carbs, 2.5g fiber, 17.5g sugars, 0.5g protein

Freestyle™ [SmartPoints®](#) value 1*

[SmartPoints®](#) value 1*

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



Tagged: [Dessert Recipes](#), [Meatless Recipes](#), [30 Minutes or Less](#)

Ingredients

12 oz. (about 2 medium) Fuji or Gala apples, peeled
1 tbsp. cornstarch or arrowroot powder
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
Dash salt

Optional toppings: natural light whipped topping (like [Truwhip Skinny](#) or [So Delicious Dairy Free CocoWhip!](#)), additional cinnamon

Directions

Using a tabletop spiral vegetable slicer (like [the Veggetti Pro](#)), cut apples into spaghetti-like noodles. (If you don't have a tabletop spiral veggie slicer, cut apples into matchstick-sized strips.) Roughly chop for shorter noodles.

In a medium bowl, combine cornstarch/arrowroot powder with 1/4 cup cold water, and stir to dissolve. Add sweetener, cinnamon, vanilla extract, and salt. Stir until uniform. Add apple noodles, and toss to coat.

Bring a skillet sprayed with nonstick spray to medium heat. Add apple mixture, and cook and stir until thick and gooey, 3 - 4 minutes.

MAKES 2 SERVINGS

[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.