



Caramel-Apple Crepes



1/2 of recipe (1 crepe): 161 calories, 5g total fat (4g sat fat), 219mg sodium, 29g carbs, 1g fiber, 17.5g sugars, 1.5g protein

Blue Plan (Freestyle™) SmartPoints® value 7*

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

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



Ingredients

1 tsp. granulated sugar or 1/2 tsp. natural no-calorie sweetener
1/4 tsp. cornstarch
1/8 tsp. cinnamon
Dash salt
1/2 cup finely chopped Fuji or Gala apple (about 1/2 apple)
1/8 tsp. lemon juice
1 tbsp. reduced-fat/light cream cheese, room temperature
1/2 cup natural light whipped topping (thawed from frozen)
Two 9-inch ready-to-use dessert crepes (often stocked in the produce section)
2 tsp. light caramel dip, room temperature
Optional topping: powdered sugar

Directions

In a small nonstick pot, combine sugar/sweetener, cornstarch, cinnamon, and salt. Add 2 tbsp. cold water, and stir to dissolve. Add apple and lemon juice, and stir well.

Bring to medium heat and cover. Cook until apple has softened and liquid has thickened, about 4 minutes, uncovering occasionally to stir.

Transfer to a bowl, and let cool. Add cream cheese, and stir until uniform. Fold in whipped topping.

Divide mixture between the crepes. Fold up each crepe envelope-style, first folding the sides in, and then folding/rolling it up from the bottom.

Bring a skillet sprayed with nonstick spray to medium heat. Add crepes seam sides down. Cook until slightly browned, about 1 minute per side, flipping carefully.

Drizzle with caramel before serving.

MAKES 2 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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.