



## Apple Crumble in a Mug



Entire recipe: 174 calories, 2.5g total fat (0.5g sat fat), 187mg sodium, 37g carbs, 4g fiber, 23g sugars, 2g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes    **Cook:** 5 minutes or less



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

### Ingredients

1 1/2 cups peeled and chopped Granny Smith apples (about 2 medium apples)  
1/4 tsp. vanilla extract  
Dash ground nutmeg  
2 tsp. brown sugar (not packed)  
1/4 tsp. cinnamon  
2 tbsp. old-fashioned oats  
1 1/2 tsp. whole-wheat flour  
1 tsp. light whipped butter or light buttery spread  
Dash salt

### Directions

Place apple in a large microwave-safe mug sprayed with nonstick spray. Add vanilla extract, nutmeg, 1 tsp. brown sugar, and 1/8 tsp. cinnamon. Stir to coat.

Microwave for 2 minutes.

In a small bowl, combine oats, flour, butter, salt, remaining 1 tsp. brown sugar, and remaining 1/8 tsp. cinnamon. Mash and stir until well mixed and crumbly.

Top apple with oats mixture. Microwave until apple has softened and topping is firm, about 30 seconds.

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.