



Apple Pie Egg Rolls



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1/6th of recipe (1 egg roll): 94 calories, 0.5g total fat (0g sat fat), 162mg sodium, 21.5g carbs, 1.5g fiber, 6g sugars, 2g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

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

Prep: 15 minutes **Cook:** 40 minutes

Cool: 1 hour

Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

2 tsp. cornstarch or arrowroot powder
3 cups peeled and chopped Fuji or Gala apples
2 packets natural 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
Optional dip: fat-free vanilla yogurt

Directions

In a medium nonstick pot, combine cornstarch/arrowroot powder with 1/2 cup cold 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 completely, about 1 hour.

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 the apple mixture (about 1/3 cup) in a row a little below the center of the wrapper.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Place on the baking sheet, and repeat with remaining mixture and wrappers.

Spray egg rolls with nonstick spray. Bake until golden brown, 25 - 30 minutes.

MAKES 6 SERVINGS

Air Fryer Alternative: Set air fryer to 392 degrees (or the nearest degree). Add egg rolls in a single layer. (If they don't all fit in a single layer, cook a second batch afterward.) Cook for 7 minutes, or until golden brown.

[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.

Publish Date: June 17, 2016

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