



Baked Caramel Apples



This recipe can also be found in the Fall 2020 issue of Hungry Girl magazine... [Click for info](#) !

[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

1/4th of recipe (1 apple): 166 calories, 2.5g total fat (1g sat fat), 59mg sodium, 37.5g carbs, 4.5g fiber, 26.5g sugars, 2g protein

Green Plan **SmartPoints**® value 3*

Blue Plan (Freestyle™) **SmartPoints**® value 3*

Purple Plan **SmartPoints**® value 3*

Prep: 5 minutes **Cook:** 45 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

4 medium Rome apples
One 12-oz. can diet cream soda
1/4 cup light caramel dip
1/2 oz. (about 2 tbsp.) chopped peanuts

Directions

Preheat oven to 375 degrees.

Core apples. ([Check out this GREAT option on Amazon!](#)) Place in an 8" X 8" baking pan. Pour soda over the apples. Bake until tender, about 45 minutes.

Evenly drizzle with caramel and top with peanuts.

MAKES 4 SERVINGS

HG TIP: If needed, microwave caramel in a small microwave-safe bowl for 10 seconds or until soft enough to drizzle.

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.