



Caramel Apple Dump Cake



1/8th of recipe (about 3/4 cup): 184 calories, 3g total fat (1g sat fat), 306mg sodium, 41.5g carbs, 1.5g fiber, 22g sugars, 1g protein

Freestyle™ [SmartPoints®](#) value 6*

Prep: 15 minutes **Cook:** 2 hours on high or 4 hours on low

Cool: 10 minutes



Ingredients

6 cups (about 6 medium) peeled and sliced Granny Smith apples
2 tbsp. cornstarch
2 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar)
2 tsp. vanilla extract
1 1/2 tsp. cinnamon
1/4 tsp. salt
1/8 tsp. ground nutmeg
1 3/4 cups moist-style spice cake mix (about 1/2 box)
1/4 cup unsweetened applesauce
2 tbsp. light whipped butter or light buttery spread
Optional topping: natural light whipped topping

Directions

Place apples in a slow cooker sprayed with nonstick spray.

In a medium bowl, combine cornstarch with 1/2 cup water. Whisk to dissolve. Add sweetener, vanilla extract, cinnamon, salt, and nutmeg. Whisk well.

Pour cornstarch mixture over apples, and stir to coat.

In a medium-large bowl, combine cake mix, applesauce, and butter. Stir until thickened and uniform. Spoon mixture over apples to evenly cover.

Cover and cook on high for 2 hours or on low for 4 hours, until apples have softened and topping is golden brown and cooked through.

Let cool slightly, about 10 minutes.

MAKES 8 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.