



Crazy-Delicious Apple Dumplings



1/6th of recipe (1 dumpling): 200 calories, 6.5g total fat (1.5g sat fat), 308mg sodium, 36g carbs, 2.5g fiber, 19g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 15 minutes **Cook:** 50 minutes



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

Ingredients

- 1 package refrigerated [Pillsbury Crescent Recipe Creations Seamless Dough Sheet](#) (or HG Alternative!)
- 6 small baking apples (preferably Fuji), peeled and cored
- 2 tbsp. sweetened dried cranberries
- 1/2 tbsp. brown sugar (not packed)
- 1/2 tbsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))
- 1 tsp. cinnamon
- 1/4 tsp. ground nutmeg

Directions

Preheat oven to 375 degrees. Spray a deep 9" X 13" baking pan with nonstick spray and set aside.

Lay dough sheet on a dry surface with the shorter sides on the left and right. Cut horizontally into 2 evenly sized strips. Cut each strip vertically into 3 evenly sized pieces, for a total of 6 pieces. Gently and evenly stretch or roll out each piece of dough in order to yield slightly larger, square-like pieces.

Place one apple in the center of each piece of dough. Add 1 tsp. dried cranberries to the opening of each apple. Evenly distribute brown sugar and butter among the openings, about 1/4 tsp. of each per apple. Sprinkle apples with cinnamon and nutmeg.

One apple at a time, fold all four corners of the dough up around the apple, until they overlap at the top. Pinch the top and sides of the dough's edges together to seal around the apple. Place the dough-wrapped apples in the baking pan, evenly spaced.

Cover the pan with enough foil to secure at the sides without resting on top of the apples. Bake in the oven for 45 - 50 minutes, until dough is browned and apples are tender.

Allow to cool slightly, and then enjoy!

MAKES 6 SERVINGS

HG Alternative! If you can't find the Recipe Creations dough, go for Pillsbury Reduced Fat Crescent roll dough. (The products are nearly identical.) Then just pinch/seal up the perforations for a seamless sheet.

[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.

