



## Slow-Cooker Apple & Oat Goodness



1/8th of recipe (about 1/2 cup): 137 calories, 1.5g total fat (1g sat fat), 42mg sodium, 31g carbs, 3.5g fiber, 17g sugars, 1.5g protein

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

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

**Prep:** 15 minutes    **Cook:** 4 hours

**Cool:** 15 minutes

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

### Ingredients

8 cups sliced Fuji apples  
1 tbsp. lemon juice  
1/4 cup brown sugar (not packed)  
3 tbsp. cornstarch  
1 tsp. cinnamon  
1/8 tsp. salt  
1 cup old-fashioned oats  
1/2 cup all-natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))

### Directions

Place apples in a slow cooker sprayed with nonstick spray. Add lemon juice and toss to coat. Add brown sugar, cornstarch, cinnamon, and salt. Toss to coat.

Evenly top apples with oats.

Cover and cook on low for about 4 hours, until apples have softened.

Allow to cool slightly, about 15 minutes.

Top each serving with 1 tbsp. whipped topping, and enjoy!

**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.