



Spiralized Apple Pie



1/2 of recipe (about 2/3 cup): 101 calories, 0g total fat (0g sat fat), 78mg sodium, 26g carbs, 2.5g fiber, 17.5g sugars, 0.5g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

Ingredients

12 oz. (about 2 medium) Fuji or Gala apples, peeled
1 tbsp. cornstarch or arrowroot powder
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
Dash salt

Optional toppings: natural light whipped topping (like [Truwhip Skinny](#) or [So Delicious Dairy Free CocoWhip!](#)), additional cinnamon

Directions

Using a tabletop spiral vegetable slicer (like [the Veggetti Pro](#)), cut apples into spaghetti-like noodles. (If you don't have a tabletop spiral veggie slicer, cut apples into matchstick-sized strips.) Roughly chop for shorter noodles.

In a medium bowl, combine cornstarch/arrowroot powder with 1/4 cup cold water, and stir to dissolve. Add sweetener, cinnamon, vanilla extract, and salt. Stir until uniform. Add apple noodles, and toss to coat.

Bring a skillet sprayed with nonstick spray to medium heat. Add apple mixture, and cook and stir until thick and gooey, 3 - 4 minutes.

MAKES 2 SERVINGS

FYI: We may receive compensation from some of these links.

[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.)

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