



Caramel-Apple Crepes



1/2 of recipe (1 crepe): 161 calories, 5g total fat (4g sat. fat), 219mg sodium, 29g carbs, 1g fiber, 17.5g sugars, 1.5g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

1 tsp. granulated sugar or 1/2 tsp. natural no-calorie sweetener
1/4 tsp. cornstarch
1/8 tsp. cinnamon
Dash salt
1/2 cup finely chopped Fuji or Gala apple (about 1/2 apple)
1/8 tsp. lemon juice
1 tbsp. reduced-fat/light cream cheese, room temperature
1/2 cup natural light whipped topping (thawed from frozen)
Two 9-inch ready-to-use dessert crepes (often stocked in the produce section)
2 tsp. light caramel dip, room temperature
Optional topping: powdered sugar

Directions

In a small nonstick pot, combine sugar/sweetener, cornstarch, cinnamon, and salt. Add 2 tbsp. cold water, and stir to dissolve. Add apple and lemon juice, and stir well.

Bring to medium heat and cover. Cook until apple has softened and liquid has thickened, about 4 minutes, uncovering occasionally to stir.

Transfer to a bowl, and let cool. Add cream cheese, and stir until uniform. Fold in whipped topping.

Divide mixture between the crepes. Fold up each crepe envelope-style, first folding the sides in, and then folding/rolling it up from the bottom.

Bring a skillet sprayed with nonstick spray to medium heat. Add crepes seam sides down. Cook until slightly browned, about 1 minute per side, flipping carefully.

Drizzle with caramel before serving.

MAKES 2 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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