



Apple Pie Egg Rolls



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1/6th of recipe (1 egg roll): 94 calories, 0.5g total fat (0g sat. fat), 162mg sodium, 21.5g carbs, 1.5g fiber, 6g sugars, 2g protein

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Prep: 15 minutes **Cook:** 40 minutes

Cool: 1 hour



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Ingredients

2 tsp. cornstarch or arrowroot powder
3 cups peeled and chopped Fuji or Gala apples
2 packets natural no-calorie sweetener (like Truvia)
1 tsp. cinnamon
1/4 tsp. vanilla extract
1/8 tsp. salt
6 large square egg roll wrappers (stocked with the tofu in the refrigerated section of the market)
Optional topping: powdered sugar
Optional dip: fat-free vanilla yogurt

Directions

In a medium nonstick pot, combine cornstarch/arrowroot powder with 1/2 cup cold water. Stir to dissolve.

Add apples, sweetener, cinnamon, vanilla extract, and salt. Stir well.

Set heat to medium. Stirring frequently, cook until apples have slightly softened and mixture is thick and gooey, 8 - 10 minutes.

Transfer to a medium bowl. Let cool completely, about 1 hour.

Meanwhile, preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute 1/6th of the apple mixture (about 1/3 cup) in a row a little below the center of the wrapper.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Place on the baking sheet, and repeat with remaining mixture and wrappers.

Spray egg rolls with nonstick spray. Bake until golden brown, 25 - 30 minutes.

MAKES 6 SERVINGS

Air Fryer Alternative: Set air fryer to 392 degrees (or the nearest degree). Add egg rolls in a single layer. (If they don't all fit in a single layer, cook a second batch afterward.) Cook for 7 minutes, or until golden brown.

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