



## Red Hot Apple Pie in a Cup



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Entire recipe: 140 calories, 0.5g total fat (0g sat. fat), 44mg sodium, 47g carbs, 3.5g fiber, 24.5g sugars, 0.5g protein

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

**Cool:** 10 minutes

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### Ingredients

1 medium Fuji apple, cored and cut into 1/2-inch cubes  
12 to 15 pieces Red Hots Cinnamon Flavored Candy  
2 low-fat cinnamon graham crackers (1/2 sheet), crushed  
2 tbsp. Fat Free Reddi-wip  
Dash cinnamon

### Directions

Place apple cubes in a microwave-safe cup or mug. Top with Red Hots--the more you use, the hotter the results! Cover and microwave for 2 minutes.

Stir well. Re-cover and microwave for 1 to 2 minutes, until apple cubes are soft.

Mix well. Let cool.

Top with crushed graham crackers, Reddi-wip, and cinnamon. Voilà!

**MAKES 1 SERVING**

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