

SWEET AND GOLDEN APPLE CUPS

Sweet and Golden Apple Cups

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 2 apple cups with yogurt)

Nutrition (per serving)

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 96 mg

Total Carbohydrate: 21

Dietary Fiber: 2 g

Calories: 98

Protein: 4 g

Ingredients

- Cooking spray
- 12 wonton wrappers
- 1 teaspoon granulated sugar
- 1 teaspoon ground cinnamon, divided
- 2 medium apples, Golden Delicious or Granny Smith, diced
- ½ Tablespoon brown sugar, packed
- 1 teaspoon lemon juice
- 2 Tablespoons water
- 1 6-ounce container of plain nonfat Greek yogurt
- ¼ teaspoon vanilla extract
- 1 teaspoon honey
- 2 Tablespoons crumbled blue cheese (for salty-sweet version)

Directions

1. Preheat oven to 325 degrees F.
2. Coat a standard muffin pan with cooking spray. Place a wonton wrapper in each muffin cup, gently pressing the center down and the edges along the side. Lightly spray again with cooking spray and sprinkle with white sugar and $\frac{1}{2}$ teaspoon of cinnamon.
3. Bake wontons until crisp, about 6-8 minutes. Remove from muffin pan to cool.
4. In a small bowl, combine diced apples, brown sugar, $\frac{1}{2}$ teaspoon cinnamon and lemon juice. Divide mixture into muffin pan cups for baking. Add water evenly to filled cups. Bake until apples are soft, about 6-8 minutes.
5. Spoon apple mixture into wonton cups.
6. Combine yogurt, vanilla and honey. Spoon about 1 tablespoon of mixture onto each cup.