

# CARAMEL APPLE GRAHAM DELIGHTS

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*Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 15 (Serving= 1 bar)*

## **Nutrition (per serving)**

Calories: 169

Total Carbohydrate: 26

Total Fat: 5 g

Dietary Fiber: 1 g

Saturated Fat: 2 g

Protein: 5 g

Sodium: 205 mg

## **Ingredients**

- 12 low fat cinnamon graham cracker rectangles
- 5 Tablespoons Smart Balance® light margarine, softened
- Cooking spray
- 1 - 8 ounce reduced fat plain cream cheese, room temperature

- 1 - 14 ounce can fat free sweetened condensed milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 red delicious apples, finely diced
- 2 Tablespoons ground peanuts
- 2 Tablespoons caramel topping

## Directions

1. Preheat oven to 350 degrees.
2. Using a food processor, process graham crackers into crumbs.
3. Place graham cracker crumbs and softened margarine in a small bowl. Using a fork, cream margarine into graham cracker crumbs until coarse crumbles form. Press into a 9 x 13" baking dish sprayed with cooking spray.
4. In a medium bowl, mix cream cheese, milk, eggs, vanilla and apples with a hand mixer on medium for 1-2 minutes.
5. Pour mixture on top of graham cracker crust and bake for 25 minutes.
6. Let cool for 20 minutes then top with peanuts and caramel.
7. Refrigerate for 4 or more hours before serving.