



Devin Alexander's Crustless Apple Pie

Ingredients:

- Butter-flavored cooking spray
- 1-1/2 large crisp apples (such as Golden Delicious or Granny Smith), peeled, halved and cored
- ¼ cup 100% apple juice (not from concentrate)
- 1 tablespoon (unpacked) brown sugar
- 1 teaspoon unsalted butter, melted
- ½ teaspoon ground cinnamon

Instructions:

- Preheat the oven to 425 degrees F. Lightly mist 2 (3-1/2-inch-diameter) ramekins with spray.
- Cut each apple half into ¾" chunks and place the chunks in a small mixing bowl.
- In a deep small bowl, stir the apple juice, sugar, butter, and cinnamon. Pour half of the apple juice mixture evenly over the apples and stir to coat the apples. Reserve the remaining half. Divide the apple mixture evenly between the two ramekins.
- Bake them for 30 minutes. Pour the reserved mixture evenly over the apples and stir gently to add moisture to the top pieces. Bake them an additional 15 minutes, or until the apples are very tender and the glaze has caramelized on the apples (it should look dark

brown, but *not* blackened). Cool for 5 minutes, then serve immediately.

- Makes 2 servings. Each serving has: 139 calories, trace protein, 32g carbohydrates (25g sugar), 2g fat, 1g saturated fat, 5mg cholesterol, 4g fiber, 7mg sodium
- Add ½ cup of vanilla frozen yogurt to make Crustless Apple Pie a La Mode.
Each serving has: 251 calories, 6g protein, 54g carbohydrates (48g sugar), 3g fat, 1g saturated fat, 7mg cholesterol, 4g fiber, 82mg sodium