



Red Hot Apple Pie in a Cup



[Click here](#) to see Lisa make it on Facebook, and [click here](#) to watch her on YouTube!

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

[Click for WW Points® value*](#)

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



Cool: 10 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.