



Slow-Cooker Apple and Oat Goodness



1/8th of recipe (about 1/2 cup): 137 calories, 1/8th of recipe (about 1/2 cup) total fat (1g sat. fat), 42mg sodium, 31g carbs, 3.5g fiber, 17g sugars, 1.5g protein

Prep: 15 minutes **Cook:** 4 hours

Cool: 15 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

8 cups sliced Fuji apples
1 tbsp. lemon juice
1/4 cup brown sugar (not packed)
3 tbsp. cornstarch
1 tsp. cinnamon
1/8 tsp. salt
1 cup old-fashioned oats
1/2 cup all-natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))

Directions

Place apples in a slow cooker sprayed with nonstick spray. Add lemon juice and toss to coat. Add brown sugar, cornstarch, cinnamon, and salt. Toss to coat.

Evenly top apples with oats.

Cover and cook on low for about 4 hours, until apples have softened.

Allow to cool slightly, about 15 minutes.

Top each serving with 1 tbsp. whipped topping, and enjoy!

MAKES 8 SERVINGS

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