

“Apple Pie” Ala Mode

POINTS® Value: 2

Servings: 1

Ingredients:

1 small apple (I use Rome or Gala)

2 packets of sweetener (like Splenda)

1 tsp of cinnamon

4 sprays of I Can't Believe It's Not Butter Spray

½ cup Breyers Fat Free Double Churn Ice Cream (or other 1 point ice cream)

Directions:

Core and wedge the apple. Put in a microwave-safe bowl and sprinkle with sweetener & cinnamon and spray with butter spray. Microwave on high for about 2 minutes, or until the apple wedges get soft and begin to release their juices. Remove from microwave and top with ice cream.

Variation:

For 1 additional point, you can crumble 1 whole reduced fat graham cracker over it to get the taste of a graham cracker crust!

www.sponsormyweightloss.com

tracie@sponsormyweightloss.com