



## Slow-Cooker Apple & Oat Goodness



1/8th of recipe (about 1/2 cup): 137 calories, 1.5g 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

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.