

Frozen Applesauce Delight

This frozen applesauce delight recipe

Recipe Type: Dessert, Snack

Degree of Difficulty: Very easy

Ingredients

1 cup Applesauce, no sugar added
1 cup Frozen Mixed Fruits (peaches, mangos, pineapple)
½ cup Frozen fruit mix (strawberries, blackberries, raspberries)
4 tbs cool Whip Lite, thawed and divided
1 tbs lime juice



Directions

- 1 Let frozen fruits thaw out (enough to cut into chunks)
- 2 Cut the different fruits into bite sized chunks.
- 3 In a medium sized mixing bowl, combine applesauce and fruits.
- 4 Add lime juice and mix again.
- 5 Scoop into 2 dessert dishes and place in the freezer. Leave it in the freezer for at least 1 hour.
- 6 Remove from the freezer about ½ hour prior to serving.
- 7 Place 2 tablespoons of cool whip on top of each dessert cup. Place a few berries on top of cool whip and serve.

Cooking Times

Preparation Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 131 calories, 1.3g total fat, 1g saturated fat, 0mg cholesterol, 5.9mg sodium, 32.5g carbohydrates, 4.9g fiber, 20.1g sugar, <1g protein.

Servings: 2

Yield: 2 dessert cups

Weight Watchers Points

Note: The fruits and applesauce (unsweetened) were not used to calculate any of the points.

Orig. WW Pts: 0

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1

Tips

I made these earlier in the day. Then took them out of the freezer as we started to prepare for dinner. By the time we cooked and then ate, these were thawed out enough to enjoy.

Skip the cool whip and then this frozen applesauce delight is zero points (SmartPoints, PointsPlus and original)

Web Page: exercise4weightloss.com/frozen-applesauce.html