

*VitaRecipes:*

# AppleCrumb VitaTops



**Ingredients:**

**1 AppleCrumb Vitatop**

**Medium heaped scoop of  
light ice cream**

**Makes One AppleCrumb VitaTop A La Mode**

Original VitaTop: 100 Calories, 8g Fiber, 1g Fat.

As prepared below: 134 Calories, 9g Fiber, 2g Fat.

**Instructions:**

Place an AppleCrumb VitaTop into a toaster or toaster oven and heat to perfection.

Place a medium heaped scoop of light ice cream\* on top of your toasty, warm AppleCrumb VitaTop.

Serve and enjoy a delicious summertime dessert!

\*A medium heaped scoop of light ice cream will add 33 calories, 1g fiber and 1g fat on average.