BAKED APPLE SOUFFLÉ

2 T. firmly packed light brown sugar
1 1/2 tsp. cinnamon
1 tsp. cornstarch
1 tsp. vanilla extract
6 small apples, peeled and cored
6 square 12" egg roll wrappers
Nonstick cooking spray

Preheat oven. Spray six muffin cups with nonstick cooking spray. In a large bowl, combine sugar, cinnamon, cornstarch, vanilla and 1 tablespoon water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with nonstick cooking spray. Bake until golden, about 20 minutes. Cool on a rack for 15 minutes. Look for egg roll wrappers in the refrigerator section of the grocery store. Serve with frozen yogurt.

NUTRITION FACTS: Serving size: 1 filled roll per serving, 6 servings