



Apple Pie Bites



1/5th of recipe (3 bites): 58 calories, 1g total fat (0g sat. fat), 26mg sodium, 11.5g carbs, 1g fiber, 4g sugars, 1.5g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

15 frozen mini phyllo shells (like [the kind by Athens](#))
1 1/4 cups chopped Fuji or Gala apple
1 1/2 tsp. brown sugar (not packed)
Seasonings: cinnamon

Directions

Preheat oven to 350 degrees.

Place shells on a baking sheet, and bake until lightly browned, 3 - 5 minutes.

Meanwhile, in a medium-large microwave-safe bowl, top apple with brown sugar and 1/4 tsp. cinnamon. Stir to coat. Cover and microwave for 2 minutes, or until softened.

Fill shells with apple mixture.

MAKES 5 SERVINGS

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