



APPLE PIE BITES

Basic Lifestyle

INGREDIENTS

15 frozen mini fillo shells

1 1/4 cups chopped Fuji or Gala apple

1 1/2 TSP brown sugar (not packed; can also use brown Splenda)

Seasonings: cinnamon

INSTRUCTIONS

—Preheat oven to 350°.

—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.

SERVING INFO: (Serves 5)

3 "bites" = 1/2 G, 1/2 FR (Or count this as a treat, replacing your third fruit for the day.)