



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



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [5 Ingredients or Less](#), [Four or More Servings](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.