



All-American Mini Apple Pie

Makes 5

INGREDIENTS

- 2 medium tart baking apples
- 1/4 cup sugar
- 2 tsp all-purpose flour
- 3/4 tsp ground cinnamon
- 1 sheet refrigerated pie crust (1/2 box)



Perfect Partner

Scoop of Ice Cream

A scoop of low-fat ice cream, ice milk or frozen yogurt on top adds an extra treat. Vanilla is the traditional favorite, but butter pecan or even cinnamon tastes great.



dollar stretcher

If you're a family that loves apples, opt for the less expensive bagged apples rather than the more pricey per-pound varieties. The savings can be significant and they keep well.

FOUR simple STEPS

1 Preheat oven to 425°F. Peel, core and chop apples into 1/4-inch pieces. In medium bowl, combine apples, sugar, flour and cinnamon, tossing gently. Set aside.

2 Open and unroll pie crust flat onto work surface. Using 4-inches-wide bowl or cup, cut out five circles, reserving scraps. Press each circle inside 5 spaces of muffin tin.

3 Evenly divide apple mixture into each prepared muffin cup. Cut reserved dough scraps into strips 1/4 inch wide. Top each pie with strips. Fill remaining empty muffin cup 1/4 way up with water.

4 Bake until bubbling, about 18 mins. Let pies cool in muffin tin, then remove.



STEP 2



STEP 3

HEALTH CHECK

Per serving: 270 Calories • 40g Carbohydrates • 2g Protein • 5g Fat • 160 mg Sodium • 10 mg Cholesterol • less than 1g Fiber • 18g Sugar

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