

All-American Mini Apple Pie

Makes 5

INGREDIENTS

2 medium tart baking apples

Perfect Partner

Scoop of Ice Cream

A scoop of low-fat ice

cream, ice milk or frozen

vogurt on top adds an extra

treat. Vanilla is the tradi-

tional favorite, but butter

pecan or even cinnamon

tastes great.

- 1/4 cup sugar
- 2 tsp all-purpose flour

- 3/4 tsp ground cinnamon
- 1 sheet refrigerated pie crust (1/2 box)

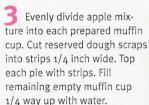
dollar stretcher

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

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.

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.



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



STEP 2



STEP 3

HEAITH CHECK

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