

Mini Walnut Apple Pies

With only 1 tablespoon of sugar in the entire recipe, this is a great snack or healthy dessert!



Total Time: 45 Mins

Serves: 15

Serving Size: 1 mini pie

INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cloves, ground
- 1/8 teaspoon nutmeg, ground
- 1/3 cup apple juice
- 1 green apple, large, peeled, cored, chopped
- 1/3 cup California walnuts, chopped
- 1 package mini filo shells (1.9 ounces)

PREPARATION

1. Preheat the oven to 350°F.
2. Melt butter in a medium saucepan with brown sugar and spices.
3. Add apple juice and chopped apple. Cook over medium-low heat for 15 minutes or until apple is very soft and juice has cooked off. Stir frequently.
4. Stir in walnuts and spoon mixture into filo shells.
5. Place on a small baking sheet and bake for 10 minutes. Cool and serve.

Nutrition per pie: Calories: 50 calorie, Total Fat: 3 grams, Cholesterol: 0 mg, Polyunsaturated Fat: 0g, Trans Fat: 0, Monounsaturated Fat: 0, Sodium: 15 mg, Protein: 1 gram, Dietary fiber: 0 Carbohydrates: 6 grams.

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