

# 3 minute Apple Pie

## Ingredients (makes 24 squares)

- 2 medium Apples
- 1/2 teaspoon Sugar
- 1/2 cup Ricotta cheese, part skim
- Graham crackers

## Directions

1. Chop apples into tiny pieces and place in a bowl.
2. Combine the cinnamon with the sugars.
3. Sprinkle the cinnamon/sugar mix over the apples. Microwave the apples for 1 minute.
4. Take the apples out and stir them. Put it back in the microwave for 1 more minute.
5. Scoop chopped/cooked apples onto a graham cracker crust that has ricotta cheese spread on top.

## Nutrition Information- Per 2 squares

|              |     |               |      |             |       |
|--------------|-----|---------------|------|-------------|-------|
| Calories     | 93  | Total Sugars  | 7g   | Sodium      | 108mg |
| Protein      | 2g  | Total Fat     | 2g   | Cholesterol | 3.2g  |
| Carbohydrate | 16g | Saturated Fat | 0.8g | Fiber       | 1g    |



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