

# 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 with 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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