



## 'Low-Fat' Mini Apple Pies remove some calories, but not the pleasure (recipe)

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Who would have thought that the words "low-fat" and "pie" could appear in the same phrase? **Franci Cohen, a fitness trainer and nutritionist from Brooklyn, N.Y.**, says these are, even though they're more likely "lower-fat," since there's no bottom crust.

They're also a great dessert to bring family members together to help assemble – even if those family members are not perfect bakers.

Granny Smith are fine, but a combination with Melrose or Jonagold could add a bit more complexity to the flavor.

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### Low-fat Mini Apple Pies

Makes 4 servings

1 sheet pre-made pie-crust

6 Granny Smith apples

¼ cup sugar

1 tablespoon brown sugar

½ teaspoon cinnamon

**Cook's notes:** You'll need an 8-inch-square baking pan, foil, knife and a melon baller. If you have leftover apple pieces, add them to your oatmeal in the morning, before you cook it.

**Preliminaries:** Heat oven to 375 degrees.

**Cut apples:** Cut off the top of four apples and remove the inside with a melon baller, spoon or scooper. Do not puncture the peel.

**Prepare filling:** With the two additional apples, peel, core and slice thinly. Put slices in a bowl and mix with sugars and cinnamon. Scoop mixture evenly into each of the four hollow apples.

**Make topping:** Roll out pie crust and slice into ¼-inch strips. Cover the top of the apple in a lattice pattern with pie crust strips.

**Bake pies:** Place apples in pan and add just enough water to cover the bottom of the pan. Cover with foil and bake for 20-25 minutes. Remove foil and bake for an additional 20 minutes or until crust is golden brown and sliced apples are soft.

**Source:** Recipe adapted from personal fitness trainer Franci Cohen of [www.francicohen.com](http://www.francicohen.com).