



Air-Fryer Apple Pie Breakfast Bowl



Entire recipe: 243 calories, <0.5g total fat (0g sat. fat), 60mg sodium, 48g carbs, 5g fiber, 39g sugars, 14.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 10 minutes



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

1 large apple (Fuji, Gala, or your favorite), chopped
1/8 tsp. cinnamon, or more for topping
3/4 cup (about one single-serve container) fat-free vanilla Greek yogurt

Directions

In a medium bowl, toss chopped apple with cinnamon.

Spray an air fryer with non-aerosol nonstick spray. Place apple in the air fryer.

Set [air fryer](#) to 380°F. Cook until softened and lightly browned, about 10 minutes, shaking the basket halfway through.

Let cool slightly, about 10 minutes.

MAKES 1 SERVING

Oven Alternative: Bake the cinnamon-coated chopped apple at 450°F until softened and lightly browned, about 12 minutes, flipping halfway through.

Want to see these apples in action? [Click to watch.](#)

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.