



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

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



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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.](#)

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