



Crispy Pecan Pie Bites



1/5 of recipe (3 pies): 106 calories, 6g total fat (0.5g sat. fat), 87mg sodium, 12g carbs, 0.5g fiber, 5.5g sugars, 3g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

- 15 frozen mini phyllo shells
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 3 tbsp. brown sugar
- 1/2 tbsp. light butter
- 1 drop vanilla extract
- 1 dash salt
- 1 oz. (about 1/4 cup) roughly chopped pecans, divided
- Optional topping: light whipped topping

Directions

Preheat oven to 350°F.

Place phyllo shells on a baking sheet. Bake until slightly crispy, about 5 minutes.

In a medium bowl, combine egg whites/substitute, sugar, butter, vanilla extract, and salt. Mix thoroughly. Stir in 2 tbsp. pecans.

Evenly distribute mixture among the phyllo shells. Top with remaining 2 tbsp. pecans.

Bake until filling has set, about 8 minutes.

MAKES 5 SERVINGS

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