



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

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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