



Personal S'mores Pies



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1/6th of recipe (1 mini pie): 149 calories, 6g total fat (2g sat. fat), 128mg sodium, 20.5g carbs, 2.5g fiber, 8g sugars, 3.5g protein

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Prep: 20 minutes **Cook:** 15 minutes



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Ingredients

- Crust
1 cup old-fashioned oats
1/4 cup light whipped butter or light buttery spread
1/4 cup unsweetened applesauce
3 tbsp. powdered peanut butter
2 packets no-calorie sweetener (like Truvia)
1 tsp. cinnamon
1/8 tsp. salt

- Filling
2 tbsp. mini semi-sweet chocolate chips
3/4 cup mini marshmallows
2 graham crackers (1/2 sheet), finely crushed

Directions

- Preheat oven to 350 degrees. Spray 6 cups of a 12-cup muffin pan with nonstick spray.
- To make the crust, pulse oats to the consistency of coarse flour in a small blender/food processor.
- In a small microwave-safe bowl, microwave butter for 20 seconds, or until melted.
- In a large bowl, combine ground oats, melted butter, and remaining crust ingredients. Mix until uniform with the consistency of wet sand.
- Evenly distribute mixture among the 6 cups of the muffin pan, using your hands or a flat utensil to firmly press and form the crusts. Press it into the edges and up along the sides.
- Bake until firm, about 10 minutes.
- Remove from oven, and set oven to broil.
- Evenly distribute 1 tbsp. chocolate chips among the crusts (1 tsp. per crust). Top with marshmallows and remaining 1 tbsp. chocolate chips.
- Cook until marshmallows have melted and lightly browned, about 1 minute.
- Sprinkle with crushed graham crackers.

MAKES 6 SERVINGS

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