

Crispy Pecan Pie Bites

Ingredients:

One 15-piece box frozen Athens Mini Fillo Shells
1/4 cup fat-free liquid egg substitute (like Egg Beaters Original)
3 tbsp. brown sugar (not packed)
1/2 tbsp. light whipped butter or light buttery spread (like Brummel and Brown), room temperature
1 drop vanilla extract
Dash salt
1/4 cup roughly chopped pecans, divided
Optional topping: Fat Free Reddi-whip



Directions:

1. Preheat oven to 375 degrees.
 2. Spray a baking sheet with nonstick spray, and arrange shells on the baking sheet. Set aside.
 3. In a medium bowl, combine egg substitute, brown sugar, butter, vanilla extract, and salt. Mix well.
 4. Stir in 2 tbsp. chopped pecans. Evenly distribute the mixture among the fillo shells.
 5. Evenly top shells with remaining 2 tbsp. chopped pecans, a little less than 1/2 tsp. per shell.
 6. Bake in the oven until edges are crisp, 15 - 18 minutes.
 7. Allow to cool slightly before serving. If you like, top each piece with a squirt of Fat Free Reddi-wip.
- Enjoy!

MAKES 5 SERVINGS

Nutrition Information: (Per Serving)

For 1 Mini Pie

35 Calories
2 g Fat
4 g Carbohydrate
1 g Protein

1/5th of recipe (3 pieces):

105 Calories
6 g Fat
12 g Carbohydrate
3 g Protein