

Apple Phyllo Pie

Makes 1 9-inch pie; 8 servings

Ingredients

5 cooking apples, cored, peeled and sliced thin
1/4 cup brown sugar or 1/8 cup Splenda Brown Sugar Blend for Baking
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon lemon juice
1 tablespoon flour
1/4 cup honey
2 tablespoons warm water
6 Frozen Phyllo Dough Sheets (9-inch by 14-inch), thawed in refrigerator

Directions

Preheat oven to 350 degrees. Coat a 9-inch pie plate with nonstick cooking spray. Combine apples, brown sugar, cinnamon, nutmeg, lemon juice and flour in a large bowl; set aside. In a small bowl, mix honey with warm water.

Stack six phyllo sheets on a clean surface. Working quickly, brush the top sheet with the honey mixture and lay on the pie plate. Push the dough into the plate, leaving the sides overhang.

Brush the next sheet with honey mixture and lay on top of the first sheet. Brush the third layer with honey mixture and lay it so that the sides overhang the opposite side of the plate, making a cross shape. Do the same with the fourth sheet.

Brush the fifth sheet with honey mixture and lay it at an angle to the other sheets. Brush the sixth layer with honey mixture and lay it at the opposite angle to the fifth.

Spoon apple mixture into middle of dough, forming a large mound. Gather overhanging sides of phyllo sheets up to form a galette-style pie (where some of the fruit remains exposed in the center).

Place in oven and bake for 30-35 minutes or until golden brown. Let cool on wire rack. Cut into 8 pieces. Best served with a scoop of vanilla ice cream.

Nutrition Facts – Per Serving (1/8th of recipe)

Calories 173, total fat 1g, cholesterol 0mg, sodium 60mg, carbohydrate 39.9, fiber 2.5g, protein 1.1g

