

Cherry Cobbler Bites

Makes 15 servings | A diabetic-friendly recipe

Ingredients:

- 15 phyllo cups
- 1 cup no-sugar-added cherry pie filling (or canned tart cherries, drained and chopped)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon almond extract (optional)
- 1/4 cup old-fashioned oats
- 2 tablespoons almond flour (or finely ground oats)
- 2 tablespoons brown sugar substitute
- 1 tablespoon melted butter



Directions

1. Preheat oven to 350°F. Place phyllo cups on a baking sheet.
2. In a small bowl, stir together cherry filling, cinnamon, and almond extract.
3. In another bowl, mix oats, almond flour, brown sugar substitute, and melted butter until crumbly.
4. Spoon about 1 tablespoon cherry filling into each phyllo cup.
5. Sprinkle a small amount of oat topping over each.
6. Bake 8–10 minutes, until warmed through and lightly golden. Cool slightly before serving.

Fun Food Fact

Fruit cobblers became popular in early America when settlers adapted British desserts using local fruit and simple pantry ingredients