

Apple Strudel

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6 Serving Size: 2oz. (1 piece)

Ingredients	Quantity	Measure
Phyllo dough	3	sheets
Non-dairy margarine, melted	4	ounces
Filling		
All-purpose flour	½	cup
Old fashioned oats	1	cup
Brown sugar	1/2	cup
Sugar, granulated	½	cup
Cinnamon, ground	1	teaspoon
Non-dairy margarine, cold, cut into small pieces	2	ounces
Fresh or frozen apple slices (frozen apples do not need to be thawed)	1	pound
Topping		
Non-dairy margarine, melted	2	ounces
Cinnamon, ground	1	teaspoon
Sugar, granulated	1	tablespoon

Preparation

1. Heat oven to 350 degrees.
2. Brush one piece of phyllo dough with the melted non-dairy margarine. Place another sheet on top, brush with margarine. Repeat one more time with remaining phyllo sheet. Set dough aside until step 5.
3. To prepare the filling, blend flour, oats, brown sugar, granulated sugar (1/2 cup), and cinnamon together.
4. Work cold margarine pieces in dry ingredients.
5. Toss apples in dry ingredients with worked-in margarine.
6. Place apple filling on phyllo dough and roll up.
7. Brush with margarine and sprinkle with cinnamon sugar.
8. Bake for 20-25 minutes until apples become soft.
9. Remove from oven and cut into six pieces before serving.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 551 Total Fat: 29g Saturated Fat: 5g Monounsaturated Fat: 13.6g Polyunsaturated Fat: 9.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 5g Total Sugar: 36g Protein: 7g Sodium: 364mg Vitamin A: 273µg Vitamin C: 3.6mg Calcium: 49mg Iron: 2.3mg Folate: 30µg

