

Apple Strudel



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Strudel is a light, crispy pastry made up of layers of fillo dough. In our version, cranberries add a bit of tang, but raisins work equally well.

Ingredients

2 piece(s) frozen fillo dough, at room temperature (if using 9" x 14" sheets, use 4)
3 teaspoons butter, melted
2 Tbsp, plain dried plain breadcrumbs
1 teaspoon sugar
 $\frac{1}{4}$ teaspoon ground cinnamon
2 small, peeled, cored and sliced fresh apple(s), or 1 extra large
1 tablespoon dried cranberries or raisins

Method

1. Preheat the oven to 350°F; spray a baking sheet with nonstick cooking spray.

2. Place the sheets of phyllo on a work surface and cut into four 12 x 8 1/2 inch rectangles; cover with a damp towel. Stack 2 rectangles and brush 1 teaspoon of margarine; sprinkle with 1 teaspoon of bread crumbs. Stack remaining 2 rectangles directly over bread crumbs; brush with another teaspoon of margarine and sprinkle with remaining teaspoon of bread crumbs.

3. In a medium bowl, combine sugar and cinnamon; add apples and toss to coat. Spread apple mixture lengthwise down the center of the phyllo and sprinkle with dried cranberries. Roll up the dough; place the strudel, seam-side down, on the baking sheet. Brush the top of the strudel with the remaining teaspoon of margarine. Bake until golden brown, about 15 minutes.

Notes

My "small" apples were too large. Using 1 extra large apple should be plenty.

I had smaller sheets of fillo (9" x 14"). I used 4 sheets total for this recipe.

3 WW Freestyle SmartPoints

Made – October 2019

Prep

- Total Time: 25 Minutes
- Prep: 10 Minutes
- Cook: 15 Minutes

Source: Adapted from Weight Watchers (4 servings)