

Apple Strudel

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 1 ROLL

6-2oz Servings

Ingredients	Qty	Measure
Phyllo dough	3	sheets
Earth Balance	4	oz.
Filling		
All-purpose flour	1/2	½ Cup
Old fashioned oats	1	1 Cup
Brown sugar	½	½ Cup
Granulated sugar	½	½ Cup
Cinnamon	1	1 tsp
Earth Balance	2	oz.
Fresh or frozen apple slices (you do not have to thaw frozen apples)	1	lb.
Topping		
Earth Balance (for brushing dough before baking)	2	oz.
Cinnamon (ground)	1	tsp
Granulated sugar	1	Tbsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Brush one piece of phyllo dough with Earth Balance. Place another sheet on top, brush with Earth Balance. Place the last piece on top and brush with Earth Balance. Dough is ready to fill then.
2. Blend flour, oats, brown sugar, granulated sugar (1/2 cup), and cinnamon together.
3. Work Earth Balance in dry ingredients.
4. Toss apples in dry ingredients with worked-in Earth Balance.
5. Place apple filling on phyllo dough and roll up.
6. Brush with Earth Balance and sprinkle with cinnamon sugar.
7. Bake 350 degree oven for 20-25 minutes until apples become soft.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Cut log into 6 pieces, place 1 piece on a plate and drizzle with 2 oz. of caramel sauce.

Nutrition Information

 *From USDA Nutrient Database

Calories: 552 Total Fat: 24g Saturated Fat: 7g Carbohydrate: 81g Protein: 5g Sodium: 312mg
Vitamin A: 0% Vitamin C: 5% Calcium: 3% Iron: 4%