

Palmiers

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 16 Servings

Ingredients	Qty	Measure
Puff pastry	1	Sheet
Granulated sugar	1	Cup
Earth Balance (melted)	2	oz
Water	1/2	Cup

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

Preparation

1. Pour ½ cup of sugar on table
2. Spread out and put pastry on top. Pour the last ½ cup of sugar on top of pastry.
3. Press sugar into pastry sheet, flipping it over and pressing the other side
4. Begin to fold from each side, using 2 inches of each dough from each side, brush the edge with water to seal onto dough
5. Repeat until both sides meet in the middle
6. Fold together to make 1 long thick strip
7. Allow to rest in refrigerator for 20 minutes
8. Take out and cut in ½ inch pieces
9. Put parchment paper on pan and brush with Earth Balance
10. Put each piece of dough on buttered surface and flatten
11. Allow to rest in refrigerator for 10 minutes
11. Bake in 350 degree oven for 10 minutes. Flip and continue baking for another 10 minutes until golden brown.

Serving Information

1 cookie, serve with 1 cup of coffee

Nutrition Information

 *From USDA Nutrient Database

Calories: 133 Total Fat: 7 g Saturated Fat: 3 g Carbohydrate: 12 g Protein: 1 g Sodium: 81 mg
Vitamin A: 0% Vitamin C: 0% Calcium: 0% Iron: 0%