

Raspberry Napoleons

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 20 pieces (4x5) SERVING SIZE: 1 piece

Ingredients	Quantity	Measure
Puff Pastry	3	sheets
Raspberry Jam	1	cup
Vanilla pudding (instant)	7	ounces
Almond Milk	1 ½	cups
Flat Icing		
Sugar, powdered	1	cup
Almond Milk	1	tbsp.
Vanilla	¼	tsp.

Preparation

1. Pre-heat oven to 375 degrees.
2. Bake Puff Pastry with 2 sheet pan on top to prevent rising until golden brown.
3. Remove from oven and let cool.

Vanilla Pudding (pastry cream)

1. Add milk to vanilla pudding.

Assembly

1. Make 5 layers starting with pastry sheet on bottom.
2. Alternated with pastry cream repeat until pastry sheet with raspberry jam is touching pastry cream on top
3. On the last sheet spread raspberry jam and place on top of pastry cream

Flat Icing

1. Stir powdered sugar, milk and vanilla until smooth.
2. Spread flat icing on top of Puff Pastry sheet. Refrigerate for two hours.

Serving Information

Serve with non-dairy whipped topping and fresh raspberries.

Nutrition Information

 *From USDA Nutrient Database

Calories: 440 Total Fat: 14g Saturated Fat: 5g Carbohydrate: 71g Protein: 8g Sodium: 274mg
Vitamin A: 101µg Vitamin C: 0mg Calcium: 232mg Iron: 2mg Folate: 18µg