



Guilt-Free Apple Strudel

Makes 8 servings

Ingredients

3 medium golden delicious apples, cored and cut into
½-inch cubes
¼ cup raisins
¼ cup walnuts
¼ cup sugar-free apricot preserves
1 teaspoon lemon juice

½ cup apple juice
¼ teaspoon cinnamon
3 sheets phyllo dough
Cooking spray
Powdered sugar for garnish

Instructions

1. Saute apples, raisins, walnuts, apricot preserves, cinnamon, lemon juice and apple juice together until apples are soft.
2. Place 1 sheet of phyllo dough on a baking sheet. Spray with cooking spray. Lay another sheet of phyllo dough on top of the first sheet. Repeat one more time (3 layers total).
3. Cut the dough into 8 portions and shape each portion into the cup of a muffin baking tin. Spoon the filling into dough cups.
4. Bake at 375 degrees for 15 minutes.
5. Sprinkle with powdered sugar once cool.

Nutrition Facts

Calories: 120; Fat: 4g; Saturated Fat: 0.2g; Protein: 2g; Total Carbohydrates: 20g; Dietary fiber: 2.2g; Cholesterol: 0mg; Sodium: 42mg

Source: <https://www.rush.edu/health-wellness/healthy-recipes/guilt-free-apple-strudel>

