



Nutrition Facts

Serving Size	1
Amount Per Serving	
Calories 220	
% Daily Value	
Total Fat 11g	17%
Saturated Fat g	0%
Cholesterol 25mg	8%
Sodium 80mg	3%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Protein 4g	8%
Vitamin A %	Vitamin C %
Calcium 2%	Iron %

Total Time
75 MIN.

Serving Size
1

Difficulty
EASY

At harvest time – or any time – nothing beats a classic apple strudel. Enjoy this with a steaming cup of tea or coffee.

Yields
8

INGREDIENTS

	WEIGHT	MEASURE
peeled, cored and sliced baking apples, such as Honeycrisp	4 cups	1 L
granulated sugar	2 tbsp	30 mL
all-purpose flour	2 tbsp	30 mL
ground cinnamon	1/2 tsp	2 mL
walnuts, chopped	1/2 cup	125 mL
packed light brown sugar	2 tbsp	30 mL
Pepperidge Farm® Puff Pastry, thawed but still cold	1 sheet	1 sheet
Egg		
water	1 tbsp	15 mL

Tip: Serve strudel with vanilla ice cream on the side, if desired. Substitute walnuts with pecans or almonds.

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line baking sheet with parchment paper; set aside.
2. Toss apples with sugar, flour and cinnamon in a large bowl. Let stand for 20 minutes.
3. In another bowl, stir together walnuts and brown sugar. Set aside.
4. Place pastry on prepared baking sheet. Sprinkle walnut mixture along long edge, leaving a 1-inch (2.5 cm) border. Scrape apple mixture over top of walnut mixture. Starting with border closest to you, lift pastry up and over apple mixture, rolling to cover completely. Place seam side down on pan; pinch ends to seal and tuck under strudel.
5. Whisk egg with water; brush over top of strudel. With a small, sharp knife, cut 3 or 4 slits in the top of the strudel to allow steam to escape.
6. Bake for 40 to 45 minutes or until pastry is golden brown.