



Baked Fruit Strudel

INGREDIENTS:

½ cup	Low fat granola
1 ½ cups	Apples or pears, peeled and diced
1/3 cup	Dried cranberries
¼ cup	Dried apricots, diced
½ cup	Maple syrup
½ tsp	Cinnamon
1 Tbsp	Lemon juice
¼ tsp	Nutmeg
6 Sheets	Phyllo dough

PREPARATION:

- Mix all ingredients in a bowl except Phyllo dough.
- Lay one sheet of dough out on the counter.
- Lightly coat with vegetable spray.
- Top with next sheet of dough and spray.
- Continue to layer until all six sheets are stacked.
- Spoon out fruit filling onto bottom of wide section of dough leaving a one-inch border from edges.
- Fold over both sides and roll from the bottom up, leaving the seam side down.
- Place on baking paper.
- Bake at 350° for 30-35 minutes until golden brown.
- Slice on an angle into 8 slices.

Number of servings:	8
Serving Size:	1 slice
Calories:	110
Fat Grams:	1

