

# Apple Strudel

**T**his dessert is super easy to throw together, even at the last minute. Surprisingly, the most common brand of puff pastry sold at the grocery stores is actually vegan. It's not the healthiest puff pastry in the world, but it's definitely vegan, easy to use, and easy to find. Check the freezer section for it; it's sold in sheets that come in a narrow, rectangular box. Keep one in your freezer and you'll always be prepared.



# Apple Strudel

Makes 6 servings

**step 1** Defrost the puff pastry according to package directions (it takes approximately 30 to 40 minutes to defrost one sheet).

**step 2** Preheat the oven to 375°F.

**step 3** Combine the sugar, flour, cinnamon, nutmeg, allspice, and salt. Toss the sliced apples with the lemon juice and then coat with the dry spice mixture.



**step 4** Unfold the puff pastry and roll out to 11 x 14 inches.



1 puff pastry sheet, defrosted

3 tablespoons sugar

1½ tablespoons all-purpose flour

½ teaspoon cinnamon

1 pinch nutmeg

1 pinch allspice

1 pinch salt

2 to 3 apples, peeled and sliced thinly

1 tablespoon lemon juice

2 tablespoons Earth Balance margarine, melted

Sugar, for sanding

**step 5** Place the apples in a line down the middle.

**step 6** Fold the dough over and tuck in the ends.

**step 7** Brush the strudel with melted margarine and sand generously with sugar.

**step 8** Using a serrated knife, make several diagonal slashes in the strudel.

**step 9** Bake for 35 minutes until golden and puffy. Let it cool for an additional 20 to 30 minutes before slicing, then serve.

