

Recipes makes: 6 servings (1 serving = 1 apple dumpling)



Ingredients:

Apple Dumpling-

- ♥ 1 sheet of cold puff pastry
- ♥ 3 medium-hard local baking apples (Macoun, Zester, Cortland)
- ♥ 1/3 Cup dark brown sugar
- ♥ Pinch of salt
- ♥ Pinch of apple pie seasoning
- ♥ 1 Tbsp cold unsalted butter cut into 6 pieces
- ♥ 1 egg
- ♥ 1 Tbsp water

Apple Dumpling Topping-

- ♥ 1 cup 2% Greek yogurt
- ♥ 1 Tbsp honey
- ♥ 1 Tbsp favorite flavor D'Avolio balsamic vinegar

PREPARATION:

1. Preheat oven to 400 degrees Fahrenheit
2. Wash, cut in half, and core apples
3. Filling -Mix sugar and seasonings in a dish. Spoon 1 tightly packed tablespoon in the dent of each apple center. Dot each top with 1 pat of cold butter
4. Assemble -Roll out puff pastry and cut into 6 equal pieces
5. Center each apple half, cut side up, in the pastry square
6. Bring corners up to meet each other over the center and seal seams together, pinching with your fingertips
7. Bake – Arrange dumplings in a greased 9 x 13 baking dish and chill for 15 minutes (dough needs to be cold)
8. Whisk together egg with 1 Tbsp. water to form egg wash
9. Before baking, brush glaze on dumplings
10. Bake for 25-30 minutes until pastry is evenly browned and puffed
11. While cooling, combine all topping ingredients and serve on the side of each dumpling

Nutrition Facts	
Serving Size: 1 dumpling	
Servings: 6	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	9%
Sugars 21g	
Protein 2g	
Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Healthy Options