

Sparkling Apple Crumple

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/holiday-sparkling-crumple.html>

Ingredients

- 4 (13-inch x 17-inch) sheets phyllo dough
- Canola cooking spray
- 3 Granny Smith or Golden Delicious apples, peeled, cored, and thinly sliced
- ¼ cup firmly packed brown sugar
- 1 tsp. ground cinnamon
- 4 gratings fresh nutmeg
- ¼ cup chopped walnuts
- ¼ cup dried cranberries
- ¼ cup golden raisins
- 2 Tbs. unsalted butter, melted
- 2 tsp. confectioners' (powdered) sugar

Instructions

1. About 1 hour before preparing, remove phyllo dough from refrigerator and let sit until room temp. Remove the 4 sheets of phyllo required. Loosely roll into a tube, seal in plastic wrap, and set aside. Return remaining phyllo to refrigerator or freezer.
2. Preheat oven to 375 degrees F. Coat 9 x 1 ½-inch pie plate, preferably ovenproof glass, with cooking spray. Set aside.
3. In mixing bowl, toss apples with sugar, cinnamon, and nutmeg to evenly coat. Add nuts, cranberries, and raisins; toss to combine. Transfer to prepared pie plate, spreading evenly.
4. Unroll sheets of phyllo. Remove one sheet and place on work area. Immediately cover remaining dough with plastic wrap (it dries out fast). Brush the sheet generously with melted butter. Form into a loose ball, and set on top of fruit filling (covering about ¼ of pie plate). Repeat for all phyllo sheets, leaving some space at the edge of pie plate for juices to bubble up.
5. Bake for 10 minutes. Reduce heat to 325 degrees. Bake 20 minutes longer. Remove from oven and increase oven temperature to 400. Sprinkle confectioners' sugar over top. Return to oven for 10 minutes, or until phyllo is golden brown and sugar has melted to a glaze (heavily dusted spots will remain white).
6. Let crumple stand for 10-60 minutes. Serve warm; the phyllo gets soggy if crumple stands too long.

Makes 8 servings

Nutrition information per serving:

Calories	170	Saturated Fat	2 g
Carbohydrates	29 g	Dietary Fiber	2 g
Protein	2 g	Sodium	50 mg
Total Fat	6 g		



Wellness Center