

### Apple Turnovers - Servings 6

4 medium Granny Smith apples (peeled and cut into 1/2 inch cubes)  
1/3 cup raisins  
3 Tbsp sugar  
1 1/2 tsp Splenda  
1 1/2 tsp cinnamon  
1/4 cup water  
6 sheets of phyllo dough

#### Recipe:

715.5 g, 934 calories, 11 g protein, 216 g Cho, 7.8 g fat, 557.8 mg Na

#### Serving:

119.25 g, 155.67 calories, 1.83 g protein, 36 g Cho, 1.3 g fat, 92.97 mg Na



Michelle Gray



Katelyn Flouras and Kerri DeVita

Apple Turnovers are a simple, healthy dessert that still taste delicious. The apples and limited amount of added sugar make this dessert a healthier option than typical apple pie. This recipe eliminates excess butter, sugar, and dough.

Begin by preheating oven to 350 degrees Fahrenheit. Then, spray a baking sheet with non-stick spray. Set baking sheet aside and spray a large skillet with non-stick spray. Set skillet over medium heat and add apples, raisins, and 3 tablespoons of sugar. Cook for about 3 minutes. Be sure to stir the mixture as it cooks. Add cinnamon and water. Cook until the apples are tender and the liquid evaporates. Allow the apple mixture to cool for about 10 minutes.

Prepare phyllo dough by spreading out sheet of dough on a clean surface. Spray dough with non-stick spray. Layer on another sheet of phyllo dough and spray. Repeat until you have three layers of dough. Cut the now 3 layer thick phyllo dough into 6 squares. Place phyllo on baking sheet. Place 1/3 cup of apple mixture on half of the square of phyllo dough. Fold the other half of dough over the apple mixture to form a triangle. Repeat for each turnover. Sprinkle the outside of each turnover equally with Splenda. Place the baking sheet with the turnovers in the oven for 20-25 minutes. The turnovers should have a golden appearance when fully cooked. Enjoy!