



APPLE STRUDEL



INGREDIENTS:

- 2 scoops Birthday Cake Glam Pro
- 1 8ct Pillsbury Crescent Rolls
- 1/4 cup unsweetened applesauce
- 1/2 cup part-skim ricotta
- 1/4 tsp cinnamon
- 1/2 small apple
- 1 egg for egg wash
- 1 tsp monk fruit sweetener

DIRECTIONS:

1. Preheat oven to 375 F.
2. Place parchment paper on a cookie sheet
3. In a small bowl mix Glam Pro, ricotta, applesauce, and cinnamon, set aside. Cut the apple into slices and set aside.
4. Open the crescent rolls and roll out the dough on the parchment paper. Press and pinch together the precut crescents to prevent filling from spilling.
5. Use a knife or pizza cutter to make strips of dough to cover the filling. Make 8-10 strips on each side
6. Place the filling in the center of the dough. Top the filling with the apple slices.
7. Cover the filling with the strips of dough, overlapping them.
8. Beat the egg and brush the pastry with the egg wash.
9. Sprinkle the top with the monk fruit and cinnamon.
10. Bake for 20 minutes. Allow to cool for 5-10 minutes.
11. Slice into 6 Servings, store in the fridge for up to a week.

Enjoy!

Makes 6 Servings | 1 Serving =
Calories: 196 | Protein: 10 g | Carb: 21 g | Fat: 8 g