



Splenda Apple Mint Strudel

Yield 8 Servings

Equipment: Skillet, Peeler, Corer, Pastry Brush

Apple Filling

4 Granny Smith Apples(Peeled,Cored,Chopped)
¼ C. White Wine
¾ C. Splenda for Baking
2T. Mint(Chopped)
½ C. Flour

1 17 1/2oz.Pkg.Pepperridge Farm Filo Sheets

6oz. Butter (Melted)
1/4C. Splenda for Baking

Procedure:

Preheat 375*

Apple Filling:

Combine the apples, wine and Splenda and cook on medium high heat until apples are slightly translucent. (6-8Min.) Cool slightly and add the mint and stir in the flour. Set aside.

Open up the package of filo dough and place 1 sheet on a clean table. Brush with butter and sprinkle with Splenda. Repeat the process until you have used 5 sheets of the Filo. Place the filling in the lower center of the Filo leaving a 1" space at the ends. Pull the Filo over the filling and fold over the ends to seal the mixture in. Roll up as you would a cigar, place on sheettray and brush with butter and dust with splenda. Bake for 20 minutes or until golden brown. Set aside.

Assembly:

Slice the strudel and place in the center of the plate. Serve.

Optional Garnishes:

Berries, Nuts and Ice Creams