

Peach and Almond Strudels (Mini)

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 strudels

filo pastry sheets
1 can (14 ounce) pie peaches
2 ounces slivered almonds
2 ounces sultanas
1 tablespoon soft brown sugar
butter, melted
cinnamon (for garnish)

Preheat the oven to 350 degrees.

Grease two twelve-cup muffin tins.

In a bowl, mix the peaches, almonds, sultanas and brown sugar.

Brush a sheet of filo pastry with melted butter. Top with another sheet. Cut into four quarters. Cut each quarter into four sections (16 pieces). Repeat five times with more sheets of filo. (Total of 96 pieces.) Place four squares in the bottom of each muffin cup.

Bake for 10 minutes.

Place one tablespoon of filling into each muffin cup. Sprinkle with cinnamon.

Bake for 5 to 10 minutes until the pastry is golden.

Sultanas are white, seedless grape of Turkish or Iranian origin. It is also the name given to the raisin made from it;

Per Serving (excluding unknown items): 332 Calories; 30g Fat (75.2% calories from fat); 12g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 5 Fat.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	332	Vitamin B6 (mg):	.1mg
% Calories from Fat:	75.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.8%	Thiamin B1 (mg):	.1mg

