

Steel-Your-Heart-Away Eggrolls

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Servings: 12

*1 cup steel cut oats
1 cup unsweetened coconut milk
3/4 cup water
2 large Granny Smith apples, peeled,
cored and chopped
3/4 cup packed brown sugar
3 tablespoons lemon juice
2 tablespoons pure maple syrup
1 teaspoon ground cinnamon
1/4 teaspoon sea salt
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/2 cup coarsely chopped walnuts
1/2 cup golden raisins
12 eggroll wrappers
peanut or vegetable oil
3/4 cup orange marmalade
2 tablespoons honey
1/4 cup powdered sugar*

Preparation Time: 20 minutes

Cook Time: 22 minutes

In a small bowl, combine the oats, coconut milk and the water. Cover and soak in the refrigerator overnight.

In a large saucepan, combine the soaked oats, apples, brown sugar, lemon juice, maple syrup, cinnamon, salt, nutmeg and cloves. Bring to boiling. Reduce the heat. Simmer for 10 minutes, stirring occasionally.

Add the walnuts and raisins. Simmer, covered, for 12 to 14 minutes or until the apples and oats are tender, stirring occasionally. Quickly cool the mixture by placing the saucepan in a large bowl of ice water, stirring constantly.

With a corner of an eggroll wrapper toward you, place 1/4 cup of the filling across the center and spread from side-to-side, leaving a one-inch border on each side. Fold the bottom corner up and over the filling. Fold in the sides. Brush the edges of the top corner with water. Roll up to seal. Repeat with the remaining eggroll wrappers and filling.

In a large heavy pot or Dutch oven, heat three inches of oil to 365 degrees. Fry three egg rolls at a time in hot oil for 3 to 4 minutes or until golden, turning once. Remove with tongs and drain on paper towels.

In a small bowl, combine the orange marmalade and honey.

To serve: Cut each eggroll in half diagonally. Dust with powdered sugar. Serve warm with the marmalade/honey dipping sauce.

Per Serving (excluding unknown items): 154 Calories; trace Fat (0.4% calories from fat); trace Protein; 41g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	trace
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	41g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	58mg	Vegetable:	0
Potassium (mg):	142mg	Fruit:	1/2
Calcium (mg):	27mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	2
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	24IU		
Vitamin A (r.e.):	2 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving		
Calories	154	Calories from Fat: 1
% Daily Values*		
Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	58mg	2%
Total Carbohydrates	41g	14%
Dietary Fiber	2g	7%
Protein	trace	
Vitamin A		0%
Vitamin C		7%
Calcium		3%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.