

# German Pear Apple Strudel

Jarmaine E Migala

The Church of St. Michael and St. George - St. Louis, MO - 1980

## Servings: 8

*1/2 cup lowfat granola  
2 1/2 cups pears (and/or  
apples), peeled and sliced  
1/2 cup low calorie maple  
syrup  
1 tablespoon lemon juice  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
vegetable oil spray  
6 sheets phyllo dough  
powdered sugar (for  
dusting)*

Preheat the oven to 350 degrees.

In a bowl, mix the granola, pears and/or apples, syrup, lemon juice, cinnamon and nutmeg.

Lay one sheet of the phyllo dough out on a counter or on baker's paper. Coat with spray. Top with the next sheet of dough and spray. Continue to layer until all six sheets of dough are stacked.

Spoon out the fruit filling onto the bottom wide section of dough, leaving a one-inch border from the edges. Fold over both sides and roll from the bottom up, leaving the seam side down.

Place on baking paper on a baking sheet.

Bake for 30 to 35 minutes until golden brown.

Dust with powdered sugar just before serving.

(This recipe is very good with fat-free vanilla ice cream and is best when served direct from the oven.)

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Per Serving (excluding unknown items): 70 Calories; 1g Fat (27.7% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 0 Fat.