
Apple Dumplings

Sallie Haley

Nettles Island Cooking in Paradise - 2014

Servings: 8

3/4 cup sugar

1 stick butter or margarine

1 teaspoon cinnamon or apple pie spice

1/2 can Sprite or Mountain Dew (not diet)

1 can crescent rolls (non butter type)

1 medium Granny Smith apple, peeled, cored and cut into eighths

In a saucepan, melt the sugar, butter and spices. Divide the rolls into eight triangles. Place an apple piece on the short side of the triangle and roll up, pinching the ends around the apple.

Place the rolls in a 9x13 inch pan, leaving a little space between the rolls. Pour the butter mixture over the rolls, then pour soda over all.

Bake at 350 degrees about 40 to 45 minutes or until brown.

Dessert

Per Serving (excluding unknown items): 182 Calories; 12g Fat (55.3% calories from fat); trace Protein; 21g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 118mg Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.