

Caramel Apple Roses

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*2 sheets frozen puff pastry
cooking spray
2 red delicious apples
2 tablespoons lemon juice
1/4 cup flour
1/2 cup apple butter (or
jelly)
4 tablespoons cinnamon
sugar
vanilla ice cream (for
serving) (optional)
caramel sundae topping (for
serving) (optional)*

Thaw the puff pastry for 30 minutes.

Coat a twelve-cup muffin pan with nonstick spray.

Cut the apples into quarters and remove the cores. Slice the apples very thinly. Place the apples into a microwave-safe bowl with lemon juice and enough cold water to cover. Drain the apples. Cover and microwave on HIGH for 2 to 3 minutes, stirring halfway through or until tender (the apples should be cooked long enough to bend but not break).

Preheat the oven to 375 degrees.

Flour a work surface. Unroll each pastry sheet. Roll each into a 12x9-inch rectangle, then cut each into six long strips. Spread a thin layer of apple butter (about two teaspoons) on each strip of dough.

Arrange eight apple slices, slightly overlapping, along one long edge of each dough strip, with the apple skin edges against the edge of the dough. Fold the other half of the dough over the apple slices. Roll the pastry up tightly, starting at the short end; pinch the ends to seal the dough. Place each in a muffin cup. Repeat for the remaining eleven roses.

Sprinkle each with one teaspoon of cinnamon sugar.

Bake for 25 to 30 minutes or until the center of the dough is cooked. Let stand for 10 minutes to rest.

Serve with ice cream and caramel sauce, if desired.

Per Serving (excluding unknown items): 466 Calories; 1g Fat (2.6% calories from fat); 4g Protein; 116g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Fruit; 3 Other Carbohydrates.