Apple Roses



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Recipe by: Laura Vitale

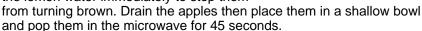
Serves 6

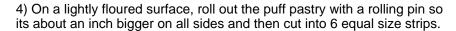
Prep Time: 20 minutes Cook Time: 40 minutes

Ingredients

- __1 Sheet of Puff Pastry, thawed __2 Large Red Skinned Apple
- __2 Tbsp of Sugar mixed 1/2 tsp of Ground Cinnamon
- __1 Egg, beaten

- 1) Preheat your oven to 375 degrees, grease half of a muffin tin with some butter or non-stick spray and set aside.
- 2) Fill a small bowl with some water, squeeze in the juice of 1/2 of a small lemon and set aside.
- 3) Cut the apple in half lengthwise, core it and then slice each half into very thin half moon shapes, add the slices of apples in the lemon water immediately to stop them





- 5) Brush the egg over the the surface of each strip of puff pastry, then sprinkle a little cinnamon sugar on each one.
- 6) Lay the apple slices along the top half of each piece of puff pastry (please watch the video for visual instructions because its a bit hard to describe in writing) then fold the bottom half over the base of the apple slices.
- 7) Roll each one carefully and put each one in the muffin tin. Bake them on the middle rack of your oven for about 40 minutes then allow them to cool a bit and serve them with some caramel sauce.

