



Peach Pie Strudel by Chef Lovely



PREP TIME: 10 MINUTES | BAKE TIME: 15-20 MINUTES | MAKES 9

Make peach pie strudels when your family craves a sweet snack. Made from canned peaches in 100% fruit juice, this recipe is easy and nutritious. Plus, you can leave off the glaze for a lower sugar option or follow Chef Lovely's Tips for more flavor variations.

Ingredients

For the Strudels

- 1 can (15 oz.) peaches in 100% fruit juice (reserve juice for glaze)
- 1/2 teaspoon ground cinnamon
- 1 heaping Tablespoon peach jam
- 1/2 teaspoon lemon juice
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 4 oz. cream cheese, room temperature
- 2 sheets frozen puff pastry, thawed
- 1 egg

Tools & Equipment

- 3 small bowls
- 1 large bowl
- 2 soup spoons
- Small bowl of all-purpose flour (optional)
- Table knife
- Paring knife
- 2 sheet pans lined with parchment paper
- 2 forks
- Pastry brush
- Cutting board
- Measuring spoons
- Measuring cups

For the Glaze

- 1/2 cup powdered sugar
- 2 Tablespoons peach juice (reserved from canned peaches)
- 1/2 teaspoon lemon juice

NEXT PAGE FOR INSTRUCTIONS AND CHEF LOVELY TIPS

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Instructions

1. Preheat oven to 350 F.
2. Pour the juice off the canned peaches into a small bowl and set aside. Roughly chop the peaches and place into a separate large bowl.
3. Add the cinnamon, peach jam, lemon juice, vanilla, and salt on top of the peaches. Mix well to combine. Set aside.
4. Lightly dust a clean work surface with all-purpose flour. Carefully open each sheet of puff pastry. Cut each sheet of puff pastry into three (3) long rectangles following the natural folds. Cut each rectangle into three (3) equal squares.
5. Divide nine (9) of the puff pastry squares among two (2) parchment-lined sheet pans.
6. Gently smear a dollop of cream cheese in the center of each puff pastry square, then top with about one tablespoon of the peach mixture.
7. Place the remaining nine (9) puff pastry squares on top of each filled square. Using a fork, crimp the edges to seal each square.
8. In another small bowl, crack the egg and whisk well. Using a pastry brush, brush each square with the beaten egg.
9. Using the same fork, make three (3) pricks on top of each square to allow the steam to release while baking. Place the sheet pans in the oven and bake for 15-20 min.
10. While the strudels are baking, add all the ingredients for the glaze into a third small bowl and whisk well to combine.
11. After the strudels have cooled for about 10 minutes, drizzle the glaze over the strudels and allow to set for about 10 minutes. Enjoy!

Chef Lovely Tips

- Be creative! Substitute the peaches for other soft fruits like mangos, cherries, or pineapples.
- There will be leftover peach juice from the can. Save it and use it for smoothies.
- Instead of a sweet strudel you can try a savory one! Substitute the cream cheese and peaches for cooked scrambled eggs, shredded cheese, and cooked bacon... Yum!
- Transfer the strudels onto a wire rack after baking. This will keep the bottoms of the strudel from getting soggy.
- You will have a few tablespoons of the peach mixture left over. Keep it and use it as a topping for oatmeal, pancakes, or even yogurt.
- The strudels taste even better the next day. Place them into a resealable plastic bag and pop them into the refrigerator. Enjoy over the next few days reheated or as is.

Love You, Let's Eat!

Chef Lovely