



Sparkle Kitchen

Mrs. Brown's Apple Turnovers

Ingredients for the almond pastry crust

1/2 cup raw almonds
1 cup all purpose baking mix (we used Bob's Red Mill)
3 tbl sugar
5 tbl butter, cold, chopped
1 large egg, cold
1 tbl ice water

Ingredients for the apple filling

2 apples, peeled, cored and chopped into 1/2" pieces
2 tbl sugar
2 tbl lemon juice
1 tsp cinnamon
1/4 tsp grated nutmeg

Directions for the Almond Pastry Crust

In a food processor, pulse almonds and 1 tsp granulated sugar, until you have a finely ground meal, about 1 minute. (Note: don't over grind, or you'll end up with almond butter! The sugar will help it to stay a meal.) Place into a mixing bowl.



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In the food processor, add flour and sugar. Pulse to mix.

Add butter and pulse until the mixture resembles coarse meal.

Add the egg and ice water water. Blend until the dough forms a ball. (Be careful not to over-mix.)

Divide the dough into 6 pieces, flatten each into an oval disk, and place between two sheets of wax paper. Refrigerate for 1/2 – 1 hour.

Directions for the Apple Filling and Creating Turnovers

Preheat oven to 375 degrees. Line a baking sheet with parchment paper. In a small bowl, mix apples, lemon juice, sugar, cinnamon and nutmeg.

Remove the pastry disks from the refrigerator. Handle gently — the dough is a bit fragile. Take one disk and roll it between the two sheets of waxed paper. Peel off the top piece of wax paper, and place a dollop of apple mixture along the middle “line” of the dough.

Sliding your hand under the bottom piece of waxed paper, and using the wax paper to support the dough, fold the dough over in half, and crimp the edges together, to form a half moon. Peel off the bottom piece of wax paper, and place the turnover on the parchment-paper lined baking sheet.

Bake for 20-25 minutes until the pastry is golden brown. Serve plain for dinner, or turn it into a dessert with sweet whipped cream or ice cream!

Enjoy!