



Poptarts

makes 4

1 c flour
1/2 T sugar
1/2 c salted butter, cut into pats
2 T egg substitute and 1 egg
1 T milk

Place flour and sugar in bowl of a food processor or bowl of a mixer. Add the cold butter in small pieces and process until crumbly. Place mixture into large bowl and add egg substitute and milk. Stir together until mixture comes together in a ball. Roll pastry out on a floured surface in a rectangle about 9x13 inches and about 1/8 inch thick. Cut pastry into thirds, forming 8 3x4 inch rectangles. Spread filling to within 1/2 inch of the edges on half of the rectangles. Top with remaining dough. Using the tines of a fork press top and bottom doughs together. Using a toothpick, poke about half a dozen holes in pastry. Place pastries on parchment paper lined cookie sheet and brush with beaten egg. Refrigerate until oven comes to temp.

Preheat oven to 350 degrees. Bake tarts 15-20 minutes until golden brown.

Fillings:

Cinnamon Sugar: Brush pastry with egg before filling. 1/4 cup brown sugar, 1/2 teaspoon cinnamon, 2 teaspoons flour.

Jam: 6 tablespoon jam, 1/2 tablespoon cornstarch mixed with 1/2 tablespoon water (boiled until thick)

Chocolate: 4 tablespoons chocolate chips or 5 tablespoons nutella.