

Fruit and Cheese Danish

Prep Time: 30 Minutes.

Cooking Time: 15 Minutes.

Ready in approx: 105 Minutes. Serves 8



Dough

1 cup + 2 tbsp	1% milk	270 ml
1	large egg	1
1 tbsp	unsalted butter	15 ml
1 tsp	almond extract	5 ml
1 cup	all-purpose flour	240 ml
1 cup	gluten flour	240 ml
2/3 cup	soy protein powder	160 ml
2 tbsp	Splenda or stevia powder	30 ml
1 pkg	rapid-rise dry yeast	1 pkg
1/2 tsp	salt	2.5 ml
	nonstick cooking spray	

Filling		
1-8 oz pkg	low-fat cream cheese, softened	1 pkg
2 tbsp	confectioners sugar	30 ml
2 tbsp	all-purpose flour	30 ml
1	large egg yolk	1
2 tsp	vanilla extract	10 ml
1/4 tsp	ground cinnamon	1.5 ml
1/8 tsp	salt	.75 ml
3/4 cup	fruit-sweetened black raspberry or blueberry preserves	180 ml

Directions

- 1 Pour 1 cup of the milk into a glass measuring cup and microwave on high until warm (about 110 degrees), about 1 minute. Beat in the egg, butter, and almond extract until the butter melts.
- 2 In a food processor fitted with the dough or steel blade, put the all-purpose flour, gluten flour, soy powder, Splenda or stevia, yeast and salt. With the motor running, pour in the milk mixture and process until the mixture forms a ball. Process for 1 minute.

- 3 Turn the dough out onto a lightly floured surface and knead for 1 minute. Spray a large mixing bowl with nonstick cooking spray. Place the dough in the bowl and turn to coat. Cover with a clean kitchen towel and let rise in a warm place for 1 hour.
- 4 In a clean large mixing bowl or in the bowl of an electric mixer fitted with the paddle attachment, beat together the cream cheese, confectioners sugar, flour, egg yolk, vanilla, cinnamon and salt until smooth. Chill in the refrigerator for 1 hour.
- 5 Preheat the oven to 350°. Turn the dough out onto a lightly floured surface and divide into 8 pieces. Working with one piece of dough at a time (cover the remaining dough with a bowl or towel), roll the dough into a 6-inch round. Place 2 tablespoons of the cream cheese mixture in the middle of the round and top with 1-1/2 tablespoons of the jam. Lift the dough up around the filling and pleat it so the filling is partially covered, leaving a 3-inch opening in the top. Place the pastry on a parchment lined baking sheet. Repeat, placing the pastry about 2 inches apart. Brush the dough with the remaining 2 tablespoons milk. Bake for 20 to 25 minutes, or until browned. Transfer to a rack and let cool to serve warm or at room temperature.

Information per serving:

K-Count: 4

Calories: 306

Carbs: 29.7g

Proteins: 23.7g

Fats: 10.2g

Recipe courtesy of Kinetix