

Apple Dumplings

Ingredients

- 0 water (Warm)
- 2 1/2 c flour ((white spelt))
- 2 t baking powder
- 1 t cinnamon (additional for sprinkling)
- 1/2 t salt
- 1/3 c margarine
- 1/2 c soymilk
- 6 apples (peeled and cored)
- 1/3 c walnuts (chopped)
- 1/4 c maple sugar (or unbleached cane sugar)
- 0 maple syrup (for drizzling)

Instructions

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1. In a small bowl, place the raisins and dried cranberries, cover with warm water, and set aside for 10 minutes to rehydrate. In a large bowl, stir together flour, baking powder, cinnamon, and salt. Using a pastry cutter or fork, cut margarine into the dry ingredients until the mixture resembles coarse crumbs. Add soymilk and stir well to form a soft dough. Turn dough out onto a lightly-floured surface, roll out to form an 18x12-inch rectangle, and cut into 6 squares. Drain the raisin mixture, add the chopped walnuts and maple sugar, and stir to combine.

2. To assemble the dumplings, place an apple in the center of a square of dough. Fill the center

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of the apple with raisin mixture, sprinkle a little cinnamon over the apple, then fold up each of the four corners of the dough, pinching the top and edges to seal. Carefully transfer to baking dish. Repeat the procedure for the remaining apples, filling, and dough.

3. Bake at 350 degrees for 35 to 45 minutes or until golden brown. Drizzle maple syrup over each dumpling before serving.</p>