

# Puff Pastry Apple Pie

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-pie-with-puff-pastry-recipe-south-africa>

## Ingredients:

- 2 sheets puffed pastry thawed
- 3 cups apples peeled and chopped
- 2/3 cup sugar
- 1 1/4 cups water
- 3 tablespoons cornstarch
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 1 egg + 1 TBSP water, for eggwash
- cinnamon sugar for topping, optional

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 25 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 6 grams
8. Sodium: 170 milligrams
9. Sugar: 25 grams

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