



Blueberry and Cottage Cheese Strudel

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 8

- **500 g** phyllo dough
- **300 g** blueberries
- **50 g** Butter
- **500 g** cottage cheese
- **180 g** sour cream
- **2.5 tsp** vanilla sugar
- **2 tbsp** sugar
- **4 tbsp** cookie crumbs
- **1 large** egg
- **0.5 tsp** Lemon Peel
- **0.5 tsp** Ground Cinnamon
- **1 tbsp** powdered sugar

Instructions

Press the cottage cheese through sieve or strainer in to a large bowl. Add in the sour crème, sugar, vanilla sugar, lemon zest and cinnamon. Mix everything well.

Melt the butter in a roasting pan and add cookie crumbs. Sauté for 2 or 3 minutes.

Take a large pastry cloth and put it on a working surface. Sort the dough on a cloth. Spread the cottage cheese mixture on the dough, covering the whole dough. Sprinkle

the blueberries on the cottage cheese mixture. Take the cookie crumb and butter mixture and sprinkle it over blueberries.

Pick up the edges of the pastry cloth and roll the dough in a flat sausage (strudel) shape. Cut the baking paper for the size of your baking dish. Arrange the strudel on a baking dish and put it in preheated oven.

Bake the strudel for around 45 minutes on 180 C (about 350 F).

When done take it out and let it cool.

Just before serving, sprinkle the strudel with powdered sugar.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 21% RDA,

Protein 37% RDA,

Fats 26% RDA,

Cholesterol 20% RDA,

Carbs 18% RDA,

Sugar 21% RDA,

MAN

Calories 17% RDA,

Protein 30% RDA,

Fats 19% RDA,

Cholesterol 20% RDA,

Carbs 15% RDA,

Sugar 17% RDA.
