SHOPPING LIST

Crispy Apple Frisbee

- ◯ Flour
- ◯ Sugar
- ◯ Cornstarch
- ◯ Kosher Salt
- ◯ Unsalted Butter
- ◯ Apples
- ◯ Apricot Jam

First, check off the items you already have at home.

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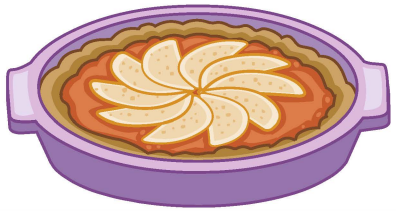
Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

Crispy Apple Frisbee



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	🕒	H	8
YES	Over 1 hour	Hard	

YOU WILL NEED

- **1 ½ cups** all-purpose flour, plus more for work surface
- **3 tablespoons** sugar
- **2 tablespoons** cornstarch
- **1 teaspoon** kosher salt
- **9 tablespoons** unsalted butter, cut into ¼-inch pieces and chilled
- **6 to 8 tablespoons** ice water
- **3** medium apples, peeled, cored, and cut into ¼-inch slices
- **2 tablespoons** apricot jam
- **1 tablespoon** warm water

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

To chill the dough in a hurry, put it in the freezer for 20 minutes.

STEP 1: 1. Place the flour, 1 tablespoon of the sugar, cornstarch, and salt in the bowl of a food processor, and process about 2 seconds. Scatter 8 tablespoons of the butter pieces on top and pulse about 8 pulses. Add the water, 1 tablespoon at a time, pulsing after each addition, until the dough can stick together when squeezed. (You may not need all the water.) Place the dough onto a work surface, form into a ball, and flatten into a 5-inch disk. Wrap the dough in plastic, and refrigerate for 1 hour.

STEP 2: Preheat the oven to 400˚. On a piece of parchment paper, roll the dough into a 12-inch circle. Transfer to a baking sheet. Pile the apples in the center, leaving a 2-inch border. Sprinkle the apples with the remaining 2 tablespoons of sugar and butter. Fold the border of dough, creating pleats as you make your way around the edge, leaving the apples exposed. Bake until golden brown and crispy, 45 to 60 minutes.

STEP 3: Mix the apricot jam and water together in a small bowl, and heat in the microwave for 30 seconds. Brush the apricot mixture over the apples and crust of the "Frisbee." Allow to cool at least 20 minutes. Serve.

Nutrition Facts

Serving Size 1 slice (131g)
Servings Per Container 8

Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 250mg	10%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 3g	

Vitamin A 8% • Vitamin C 6%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4