

Organic Berry Turnovers

HolisticQ signature recipe

We were tempted to name these delicious turnovers "Grown-up Pop Tarts! We only make these once a year or so as a healthier alternative to store-bought pastries or donuts. Try these Christmas morning!

Calories you ask. Only about four MILLION! But wait, calories aren't real anyway...whew!

The only added processed sugar is in the glaze, and these turnovers are great with or without the glaze. You can also avoid the processed sugar altogether by using honey as a glaze. By the way, the maple syrup is the perfect natural sweetener for the cream cheese.

All Organic ingredients

- 2 containers Crescent Rolls
- 16 oz. Strawberries
- 8 oz. Blueberries
- 8 oz. Cream Cheese (plus 2 Tbs pure Maple syrup)
- 2 Egg Whites
- Optional Glaze - 1 cup powdered sugar and approximately 2 Tbs Half & Half or milk. (or just use a honey drizzle)

Make the Turnovers!

1. Slice Strawberries and place them with Blueberries into a medium size saucepan with 1/4 cup water. Simmer uncovered over low-med heat stirring regularly. Using a potato masher, mash fruit into a pulp and **continue cooking and stirring until the fruit has lost moisture and thickens to the consistency of peanut butter**. Remove from heat and let cool.
2. In a separate bowl, take the cream cheese at room temperature, and blend it with the 2 tablespoons of maple syrup...set aside.
3. Meanwhile, separate crescent rolls into individual triangles. Prepare a floured rolling pin and surface. Roll each crescent roll to 1/2 of the original thickness.
4. Assemble the turnovers directly on a parchment paper covered baking sheet. We used a baking stone as pictured.
5. Using a small brush, moisten the edges of the bottom piece of pastry with the egg white. Place 2 tbsp of both the fruit and cream cheese on the center of the pastry. Cover with a second pastry and seal the edges with a fork. Brush entire turnover with egg white.
6. Preheat oven to 350 degrees. Bake on the middle rack for 12 - 14 minutes or until golden brown.
7. Remove from oven and cool before glazing. Enjoy!!!

***If your turnovers leak, the fruit mixture has too much moisture!!! Cook fruit to peanut butter consistency!