



## Blackberry Peach Turnovers

Makes about 24

1 cup frozen or fresh black berries  
1 cup frozen or fresh raspberries  
1 cup peeled and finely chopped peaches  
¾ cup sugar  
¼ cup orange juice  
Pinch of salt  
2 TBS cornstarch  
1 puff pastry sheet – thawed  
1 lightly beaten egg  
Confectioner's sugar for dusting

Place the berries and peaches in a pan. Add the sugar, orange juice and cornstarch. Mix until the sugar and the cornstarch dissolve. Simmer – stirring constantly - until the filling has thickened, about 10 minutes. Remove from heat and cool down completely.

Preheat oven to 400 degrees.

Roll out pastry puff sheet until it is about 1/10th of an inch. Cut it into squares. Place a small spoonful of filling in the middle and fold into little pouches. You can make these bigger and fold them into triangles. Firmly seal the edges using a fork.

Place the pouches on to a parchment lined baking sheet. Brush them with a lightly beaten egg and bake them for about 8 to 10 minutes – until the pastry is browned and puffed.

Remove from oven and cool down. Dust with confectioner's sugar and serve. These will keep great for a couple of days in a sealed container.

Each turnover w/o confectioners' sugar -CALORIES 49.60; FAT 1.02 grs (sat 0.25; mono 0.51; poly 0.17); PROTEIN 0.62 grs; FIBER 0.78 grs; CARBS 9.87 grs; CHOLESTEROL 7.75 mg; IRON 0.18 mg; SODIUM 20.20 mg; CALCIUM 5.13 mg

