

Phyllo Dough

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 2 rolls Servings: 24

Ingredients	Quantity	Measure
All-purpose flour	4	cups
Salt	½	teaspoon
Water, warm	1 ½	cups
Vegetable oil	¼ cup plus 3 tablespoons	
White vinegar	2	tablespoons

Preparation

1. Blend all ingredients together. Knead for 10 minutes.
2. Wrap in plastic wrap and let rest for 30 minutes in a warm place.
3. Stretch and fill.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 111 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 16g Protein: 2g Sodium: 49mg
Vitamin A: 0µg Vitamin C: 0mg Calcium: 4mg Iron: 1mg Folate: 61µg

