

Apple Cheddar Turnovers

- 6 slices whole wheat bread
- 1 small Gala apple, finely diced
- Dash of nutmeg
- Pinch of salt
- Juice of ½ lemon
- ½ cup sharp cheddar cheese, finely diced or shredded
- 1 tablespoon maple syrup
- Canola cooking spray



Preheat oven to 400 degrees.

Run a rolling pin over the slices of bread to make them extra flat. Season the apples with nutmeg and salt and toss with the lemon juice. Combine with the cheese.

Brush some maple syrup on each slice of bread and place some of the apple-cheese mixture over each slice. Fold the corners of the bread together to create a triangle. Squeeze the sides together to make sure they're sealed well.

Arrange the turnovers on a rack set on top of a baking sheet and spray with a little canola spray. Bake for about 10 minutes until they are golden brown.