

Devin Alexander

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Photography: Theresa Raffetto

Cinnamon Sugar Triangles

From *"I Can't Believe It's Not Fattening"*

Hands-on Time: 5 MINUTES • Hands-off Time: 4 TO 5 MINUTES

Be sure to buy eggroll wrappers—the ones that are bigger than wonton skins—to make these triangles. These are an awesome treat at the end of an Asian-inspired meal . . . or any time. Use different colors of decorative sugar to make them extra fun and festive. I love making them with Wilton Sprinkles Pink & White Sparkling Sugar when girlfriends are coming over or when working with the young girls I mentor.

If you want to make these triangles for a group, don't worry. The recipe is really easy to multiply. I was tempted to write the recipe in a larger quantity. But I find them so addicting, I think it's slightly "dangerous" to have them sitting around.

Butter-flavored cooking spray
 1/4 teaspoon ground cinnamon
 1 tablespoon plus 2 teaspoons raw sugar or coarse colored sugar
 2 (7-inch) eggroll wrappers (look for them in the refrigerated section with other international foods at your local grocery store)
 1 tablespoon light butter, melted (stick, not tub; I used Challenge Light)

Preheat the oven to 400°F. Lightly mist a large nonstick baking sheet with spray.

In a small bowl, combine the cinnamon and sugar.

Lay the eggroll wrappers side by side on a cutting board. Using a pastry brush, very lightly brush one side of one of the wrappers with half the melted butter, all the way to the edges. Then, sprinkle half the cinnamon-sugar mixture evenly over the butter. Using a pizza cutter, cut the wrapper across both diagonals to create 4 triangles. Repeat with the remaining eggroll wrapper, butter, and cinnamon-sugar.

Lay the triangles side by side on the prepared baking sheet so they do not touch. Bake them for 4 to 5 minutes, or until the triangles are crisp and golden brown. Serve immediately, or allow them to cool and store them in an airtight container for up to 1 week.

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Makes 8 crisps.

Each (2-crisp) serving has: 61 calories, <1 g protein, 11 g carbohydrates, 2 g fat, <1 g saturated fat, 5 mg cholesterol, trace fiber, 54 mg sodium

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