



Vegan Poptarts

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SNACK



PREP TIME: 1 HOUR 20 MIN



COOK TIME: 20-25 MIN



SERVING SIZE: 2-4

These homemade vegan pop-tarts are a flaky, buttery pastry filled with sweet jam or cinnamon sugar, then topped with a simple frosting for a nostalgic, plant-based treat that's perfect for breakfast or dessert.

Ingredients

For the Dough:

- 1 ½ cups flour
- ¼ tsp salt
- 8 tbsp cold vegan butter (I use Mykios brand)
- ½ cup cold water
- Flax egg: 1 tbsp ground flaxseed + 3 tbsp water

For the Filling:

- 4-6 tbsp of your favorite jelly or jam
- Cinnamon sugar mixture: ½ cup brown sugar + 2 tsp cinnamon + 2 tsp flour

For the Frosting:

- 1 cup powdered sugar
- 2 tsp water

Directions

1. Prepare the Dough:

In a large bowl, mix together the flour and salt. Cut the cold vegan butter into small pieces and work it into the flour using a fork or pastry cutter. The mixture should become crumbly but not allow the butter to melt.

2. Add Water:

Gradually add cold water, about ¼ cup at a time. Use your hands to mix and knead the dough, adding water as needed until the dough comes together. It should be cohesive but not too wet. Wrap the dough in plastic wrap and refrigerate for at least 1 hour.

3. Assembly:

Preheat your oven to 350°F (175°C). Prepare the flax egg by mixing the ground flaxseed with water and setting it aside to thicken.

4. Roll Out the Dough:

Once chilled, roll out the dough into a rectangular shape using a rolling pin. Cut it into 4 equal rectangle strips, approximately 10 inches long by 3 inches wide. This should yield about 4-5 pop-tarts.

5. Fill the Poptarts:

Brush the flax egg around the edges of the rectangles. Add 1-2 tablespoons of your filling to the center of one side. Fold the dough over and seal the edges by pressing down with a fork.

6. Bake:

Place the pop-tarts on a parchment-lined baking sheet and bake for 20-25 minutes or until golden brown. Remove from the oven and let them cool on a cooling rack.

7. Frosting:

While the pop-tarts are cooling but still slightly warm, mix the powdered sugar and water to create a thick frosting. Spread the frosting over the top of each pop-tart. Let them cool completely before serving.