

# Mini Strawberry Napoleans

CampbellsKitchen.com

## Servings: 8

1/2 package (17.3 ounce) Pepperidge Farm puff pastry sheets (one sheet), thawed  
1 package (3 ounce) vanilla instant pudding and pie mix  
1 cup milk  
1 1/2 cups sweetened whipped cream  
OR thawed frozen whipped topping  
1 1/4 cups strawberries, sliced  
confectioner's sugar

## Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Unfold the pastry sheet on a lightly floured surface. Cut the pastry sheet into three strips along the fold marks. Cut each strip into four rectangles. Place the pastries onto a baking sheet.

Bake for 15 minutes or until the pastries are golden brown. Let the pastries cool on the baking sheet on a wire rack for 10 minutes. Split each pastry into two layers, making twenty-four layers in all.

Prepare the pudding mix according to package directions except use only one cup of milk. Fold in the whipped cream.

Reserve eight top pastry layers for another use. Spread two tablespoons of the pudding mixture on each of eight bottom pastry layers. Top each with one tablespoon of strawberries. Place another pastry layer on top of the strawberries. Place another layer of pudding mix on top of the middle pastry layer. Top with the remaining strawberries. Finally, top with the remaining pastry tops. Sprinkle with confectioner's sugar.

Start to Finish Time: 1 hour 25 minutes

*For 1-1/2 cups of sweetened whipped cream, beat 3/4 cup of heavy cream, two tablespoons of sugar and 1/4 teaspoon of vanilla extract in a medium bowl with an electric mixer on high speed until stiff peaks form.*

*The pastries may be drizzled with one square (one ounce) of semi-sweet chocolate, melted before serving.*

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Per Serving (excluding unknown items): 19 Calories; 1g Fat (48.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 15mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	19	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	48.6%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	30.2%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	21.3%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	2mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	4mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	1g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	15mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	46mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	36mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	38IU		
<b>Vitamin A (r.e.):</b>	11 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 19 Calories from Fat: 9

**% Daily Values\***

<b>Total Fat</b> 1g	2%
Saturated Fat 1g	3%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber 0g	0%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	0%
<b>Calcium</b>	4%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.