

Palmiers are classic French pastries shaped like palm leaves. These sweet, light, and crispy treats are also known as “French hearts”. They are incredibly easy to make but quite addictive, so be warned!

## INGREDIENTS

1 vegan puff pastry  
(I use Pepperidge Farm)  
1/2 cup granulated sugar

## DIRECTIONS

Thaw the pastry sheet, but keep it cold.  
Sprinkle 1/4 cup sugar on a work surface. Place the pastry on top and sprinkle with another 1/4 cup sugar.  
Roll out the pastry into a larger square. My pastry sheet is 9” square and I make it to about a 12” square.  
Tightly roll up one side to the center, then repeat with the opposite, meeting in the middle.  
Freeze the rolled pastry for 30 minutes.  
Preheat oven to 425F.  
Slice frozen pastry into pieces slightly less than 1/2” thick. Place on baking sheet, leaving space between each as they will expand.  
Bake for 10 minutes. Flip the cookies and bake for another 5 minutes or until golden brown.  
Let cool completely on a wire rack before serving.

PS: Palmiers can be stored in an airtight container for up to 1 week.