

Ingredients – serves 20

Serves: 20

- 2 ¼ cups plain flour + extra flour for rolling
- 2 teaspoons of baking powder
- 2 tablespoons olive oil
- ¾ cup milk + extra milk for brushing
- 1 egg
- Olive oil cooking spray

Filling:

- 1 tsp Cinnamon
- ¾ cup mixed dried fruit
- 2 apples, peeled, cored and sliced



Method:

1. Preheat the oven to 220°C.
2. Place the flour and baking powder in a large mixing bowl. Combine oil and milk. Using a fork, beat the egg into the milk mixture until combined. Pour this mixture into the flour and fold to form a dough.
3. Place dough on a well- floured surface and roll into a rectangle (30cm X 25cm), placing the widest side nearest to you. Brush the surface with a little extra milk.
4. Sprinkle all the filling ingredients evenly over the dough.
5. Starting from the widest side of the dough, roll away from yourself, to form a tight spiral. Cut the roll into 20 slices and place on a lined baking tray. Place the scrolls flat side down so that they touch each other in a round cluster.
6. Brush with a little milk and bake for 15 minutes or until golden brown and cooked through.

Food Group	Serves provided per portion
Fruit	0.3
Grains (cereal) foods	0.5
Milk, yoghurt and cheese	0.05