



## **Apple Scroll**

**Makes 12 scrolls**

### **Ingredients**

- 1 ½ cups wholemeal self-raising flour
- 1 ½ cups self-raising flour
- 45g monounsaturated or polyunsaturated margarine
- 1 cup reduced fat milk
- 2 large apples, peeled, cored and chopped into 1cm cubes
- 1 cup sultanas
- 2 teaspoons mixed spice
- Extra milk for brushing
- 1 teaspoon sugar

### **Method**

1. Turn the oven on to 190deg C
2. Sift flours into a large bowl then add the margarine and rub it into the flour until the mixture looks like breadcrumbs.
3. Add milk and gradually mix into a soft dough
4. On a floured surface, roll the dough into a rectangle about 30cm x 23cm.
5. Place the apples, sultanas and mixed spice in a bowl and mix together. Then sprinkle this mixture evenly over the dough
6. Roll the dough up lengthwise, sealing the join with a little water, then brush the roll with milk
7. Cut the roll into 12 rounds and lay them in a pie dish that has been sprayed with a little oil.
8. Bake in the oven for 25-30 minutes. Remove them from the oven, brush them with a little more milk and sprinkle the sugar on the top. Return them to the oven to bake for another 5 minutes.

*Source: Kids in the Kitchen*