

Serves 10

Ingredients

- 10 slices raisin bread
- 1 can (400g) unsweetened pie apple
- 1 cup reduced fat custard
- Canola oil spray



Method

1. Lightly spray one side of each slice of raisin bread with canola oil.
2. Place two tablespoons of the pie apple and one tablespoon of custard on one slice of raisin bread. Place other slice of raisin bread on top.
3. Place in a pre-heated sandwich maker, with the canola sprayed side of bread on the outside.
4. Serve half a jaffle sandwich on a serviette or in a paper bag. Allow to cool slightly before serving.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 98.5g (1 half)		
	Per serve	Per 100g
Kilojoules (kJ)	551	559
Protein (g)	3.7	3.8
Total fat (g)	2.0	2.1
- Saturated fat (g)	0.6	0.6
Carbohydrates (g)	24.5	24.8
- Sugars (g)	11.2	11.3
Fibre (g)	1.4	1.4
Sodium (mg)	77	78

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.