

Makes 10

## Ingredients

- 3 apples (Granny Smith or Pink Lady)
- 2 cups self-raising flour
- 3 teaspoons margarine
- $\frac{3}{4}$  cup milk
- 2 tablespoons margarine extra
- $\frac{1}{4}$  cup brown sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  cup sultanas



## Method

1. Preheat oven to 200°C.
2. Peel and grate apples, set aside.
3. In a mixing bowl, rub margarine into the flour with your fingers until it resembles fine bread crumbs.
4. Add the milk and mix until it forms a soft dough. Gently knead until the dough is smooth.
5. Place dough on a floured surface and roll out in a rectangular shape to 1-2 cm thick.
6. In a separate bowl, combine the extra margarine, brown sugar and cinnamon.
7. Evenly spread the mixture on top the dough and top with the grated apple and sultanas
8. Roll the dough lengthways until it resembles a log
9. Cut the log into 2 cm rounds and place on a lined baking tray.
10. Bake for 12 -15 minutes until lightly browned.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 106g (1 scroll)		
	Per serve	Per 100g
Kilojoules (kJ)	874	825
Protein (g)	4.4	4.1
Total fat (g)	3.6	3.4
- Saturated fat (g)	0.8	0.8
Carbohydrates (g)	38.6	36.5
- Sugars (g)	16.7	15.7
Fibre (g)	2.7	2.6
Sodium (mg)	251	236

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