

LET'S
COOK

PARMCO



APPLE AND BLUEBERRY STRUDEL

SERVES 6

PREP TIME 15

COOK TIME 15

INGREDIENTS

3 Braeburn or Granny Smith apples, chopped

1/4 cup dried apricots, chopped

1 tbsp custard powder

1 tsp cinnamon

1 tsp mixed spice

1/2 cup blueberries (fresh or frozen)

6 sheets filo pastry

About 1 tbsp trim milk

Icing sugar, to dust

UTENSILS

Chopping boards and knives

Measuring spoons and cups

Wooden spoon (one for every 2-4 kids)

Grater (one for every 2-4 kids)

Baking dish (one for every 2-4 kids)

Sieve (one for every 2-4 kids)

Pastry brushes (one for every 2-4 kids)

Spoons and bowls to eat from!

METHOD

1. Preheat oven to 180°C. Grate apples.
2. Add chopped apricots, custard powder, cinnamon and mixed spice. Stir to combine. Add blueberries. Stir again.
3. Lay filo pastry in a baking dish. Spread filling mix down one side. Carefully roll the strudel. Lightly brush the top of pastry with milk. Bake for 15-20 minutes, or until golden brown. If pastry begins to brown too fast, lower the heat a little.
4. Remove from oven and dust with icing sugar. Serve with yoghurt or reduced-fat ice cream.

To serve (optional):

Yogurt or reduced-fat ice cream

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NUTRITION INFORMATION

	Per serve (at 6 serves)
Energy	410kJ
Calories	98cal
Protein	2g
Fat	1g
- Saturated	1g
Carbohydrates	20g
- Sugars	11g
Dietary Fibre	2g
Sodium	90mg
Calcium	20mg
Iron	1mg