

Deadly Damper Scrolls



Experiment with other fillings - try dried fruit or chopped nuts.



Ingredients

- Spray oil
- 2 cups self-raising flour (plus extra for kneading)
- 2 teaspoons cinnamon
- 1 cup low fat natural/Greek yoghurt
- 1 tablespoon honey
- 2 apples
- 2 tablespoons jam
- 2 mashed bananas (optional)

Equipment

Oven, baking tray, baking paper, large mixing bowl, measuring spoons, measuring cups, mixing spoon, sieve, grater, chopping board, rolling pin



1.

Heat oven to 180°C. Line baking tray with baking paper or spray with oil. Sift flour and cinnamon into a large bowl. Add yoghurt and honey. Mix together to form a dough.

Sprinkle extra flour on to a clean bench. Tip out dough onto bench then gently knead. Roll the dough into a large square shape, roughly fingertip thickness.

2.



3.

Grate apples. Spread jam over the dough (and mashed banana if using). Sprinkle grated apple over the top. Starting from the long side closest to you, roll the dough to form a log.

Cut rolled log into 12 even slices.

4.



5.

Place scrolls cut-side up on baking tray. Bake in oven for 15 - 20 minutes or until golden brown.