

APPLE FILO PIE



QUICK

Takes 5-10 mins prep time plus cooking time

HEALTHY

Apple contains fibre which is needed to keep your digestive system working smoothly

FAMILY



Feeds 5

MEALS

If you're looking for a healthy alternative to fatty or sugary desserts, this pie is perfect. Really quick and easy to make and it counts as one of your 5 a day.

INGREDIENTS

- 1kg Bramley apples
- 1 tsp ground cinnamon
- 100g raisins
- Zest of ½ lemon
- 2 sheets filo pastry
- 200ml water

METHOD

- 1) Peel your apples or just wash them. There are lots of nutrients in the skin
- 2) Core and dice the apples – the smaller they are the quicker they will cook
- 3) Put into a saucepan and add 200 ml water.
- 4) Cover and bring to the boil, allow to cook for 2-3 mins then remove the lid
- 5) Simmer till semi-smooth but still with visible chunks of apple (see the video on my website for a picture)
- 6) Whilst the apple is cooking, zest your lemon
- 7) Once the apple is cooked, add the raisins, lemon zest and cinnamon
- 8) Pour into an ovenproof dish – allow to cool if you can
- 9) Place 2 lightly scrunched up sheets of filo pastry on top
- 10) Drizzle with oil
- 11) Cook for 20 mins at 180° C until the pastry is golden brown and crunchy
- 12) Serve



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com