

APPLE & BERRY STRUDEL



QUICK

Takes 10-15 mins
prep time plus
cooking time

HEALTHY

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

FAMILY

Makes
8 slices

MEALS

If you're looking for a refined
sugar free dessert, this strudel
is perfect and it counts as one
of your 5 a day.

INGREDIENTS

- 750g eating apples
- 200g of blackberries and/or raspberries
(250g if frozen)
- 1x 320g (approx) ready rolled puff pastry
- 1 egg for brushing
- Flour for dusting

METHOD

- 1) Turn the oven onto 180° C
- 2) Peel, core and dice your apples into approx 2cm pieces
- 3) Put into a saucepan and add 200 ml water
- 4) Cover and bring to the boil. Cook for 3 mins. Check the apples are softer (but still have shape)
- 5) Remove from heat, drain the liquid (drink it as juice – it's yum)
- 6) Add the berries to the apples, then **allow to cool** (avoids soggy pastry)
- 7) On a flour dusted surface, roll your pastry into a rectangle
- 8) Place the apple & berry mixture into the middle leaving approx. 6 cm around all edges
- 9) In a small bowl, beat your egg with a fork
- 10) Egg the ends and fold over the fruit mix
- 11) Egg the top edges - fold the top down over the fruit - egg it
- 12) Fold up the remaining pastry to cover the fruit and turn it over carefully so the seal is at the bottom
- 13) Egg it all over and prick with a fork
- 14) Cook for approx. 40 mins until the pastry is golden brown
- 15) Delicious served with fresh yoghurt or ice cream



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