

APPLE PUFF PIE



QUICK

Takes 10-15 mins prep time plus 40-50 mins cooking time

HEALTHY

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

FAMILY

Makes 10-12 slices

MEALS

Yummy served with a dollop of Greek Yoghurt

INGREDIENTS

- 1kg eating apples
- 1x 320g (approx) ready rolled puff pastry
- 2-3 tbs jam (or honey)
- 1 tbs water
- Flour for dusting

METHOD

- 1) Turn the oven onto 180° C
- 2) On a floured surface, roll your pastry into a rectangle
- 3) Core and slice your apples (no need to peel)
- 4) Mix jam with some water to make a slightly runnier mix, then brush $\frac{1}{2}$ over the pastry
- 5) Layer the apples on the puff, working your way up and down in lines, overlapping them slightly
- 6) Brush the rest of the jam over the apples.
- 7) Cook for approx. 40-50 mins until the pastry and apples are golden brown and the pastry is cooked
- 8) Delicious served with Greek yoghurt or ice cream



*Can be pre-cooked and served warm or cold



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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