

Apple jaffle

Traffic light category: **Green**

Serves: 4

Ingredients

- » 440g can unsweetened pie apple
- » 8 slices raisin/fruit or wholemeal bread
- » Cinnamon sugar or icing sugar to serve.

Method

1. Place 2 tablespoons of pie apple onto one slice of bread
2. Top with another slice of bread
3. Place in sandwich press and bake until golden
4. Slice in half and serve sprinkled with cinnamon or icing sugar.

Notes

This is the perfect snack for children on a cold winter's day served with a warm Milo. If you have the old style jaffle maker this is great otherwise use a flat sandwich press.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	173g	100g
Energy	939kJ	544kJ
Protein	5g	3g
Total fat	2g	1g
Saturated fat	0.7g	0.4g
Carbohydrate	44g	25g
Sugars	22.02	13g
Dietary fibre	4g	2g
Sodium	117mg	68mg



Recipe source: Canteen Cuisine

Image source: gofor2and5.com.au