

Sweet & Savoury Scrolls

Traffic light category: **Green**

Serves: 16

Basic dough ingredients

- » 7g dry yeast (one sachet)
- » 1½ cups warm water
- » 1 teaspoon caster sugar
- » ½ teaspoon salt
- » 1½ cups plain flour
- » 1 cup wholemeal plain flour
- » 2 tablespoons olive oil

Method

1. Preheat oven to 200°C
2. Combine 1½ cups warm water, yeast, sugar and salt in a small bowl
3. Whisk to dissolve, cover with plastic wrap and set aside for 5 minutes in a warm place
4. Sift flour into bowl, add oil and yeast mixture
5. Mix to form a soft dough. If dough is still sticky, add a small amount of extra flour
6. Turn into a lightly greased bowl, stand for 25 minutes
7. Place dough onto lightly floured bench. Punch dough down and knead until smooth
8. Roll dough out to rectangle, approximately 1cm thickness. Be careful not to roll out the dough too thinly as it will break when you roll it up
9. Top dough with filling (see next page for instructions).

Nutrition information panel (basic dough)

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Weight | 48g | 100g |
| Energy | 415g | 856g |
| Protein | 2.5g | 5.1g |
| Total fat | 2.6g | 5.4g |
| Saturated fat | 0.4g | 0.9g |
| Carbohydrate | 15.6g | 32.1g |
| Sugars | 0.3g | 0.7g |
| Dietary fibre | 1.5g | 3.1g |
| Sodium | 72mg | 150mg |



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Savoury #1 - Italian

- » 1 tablespoon of tomato paste or salsa, salt reduced
- » 1½ cups reduced fat cheese, grated
- » ½ red capsicum, diced
- » ½ cup pitted black olives, diced
- » 100g sun dried tomatoes, diced

Method

1. Make basic dough as per previous page
2. Spread tomato paste or salsa across dough, leaving a 1cm border on one long side
3. Sprinkle remaining ingredients on top of tomato paste/salsa
4. Roll up towards the edge with the 1cm border
5. Slice into 2cm pieces and place on a lined baking tray
6. Cook for 10-15 minutes.

Savoury #2 - Cheesymite

- » 1 tablespoon Vegemite
- » 1½ cups reduced fat cheese, grated

Method

1. Make basic dough as per previous page
2. Spread Vegemite, leaving a 1cm border on one long side
3. Sprinkle cheese evenly over Vegemite
4. Roll up towards the edge with the 1cm border
5. Slice into 2cm pieces and place on a lined baking tray
6. Cook for 10-15 minutes.

Sweet #1 - Apple

- » 1 440g tin pie apple
- » 2 tablespoon sultanas
- » 1 teaspoon cinnamon

Method

1. Make basic dough as per previous page
2. Spread apple across dough, leaving a 1cm border on one long side
3. Sprinkle remaining ingredients over apple
4. Roll up towards the edge with the 1cm border
5. Slice into 2cm pieces and place on a lined baking tray
6. Cook for 10-15 minutes.



Sweet #2 - Apricot

- » 1 440g tin pie apricot
- » 1 tablespoon cinnamon

Method

1. Make basic dough as per previous page
2. Spread apricot across dough, leaving a 1cm border on one long side
3. Sprinkle cinnamon over apricot
4. Roll up towards the edge with the 1cm border
5. Slice into 2cm pieces and place on a lined baking tray
6. Cook for 10-15 minutes.