

Apple Shortcake Slice

Recipe from Little Grove Primary School

Traffic light category: **Amber**

Serves: 15 (70g)

Ingredients

- 185g polyunsaturated margarine
- $\frac{3}{4}$ cup caster sugar
- 2 eggs, lightly beaten
- 1 cup wholemeal plain flour
- $\frac{1}{2}$ cup plain flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon mixed spice
- 425g can pie apple (unsweetened)

Method

1. Preheat oven to 180°C
2. Line a 18x28cm shallow tin with non-stick baking paper, leave some paper hanging over sides
3. Beat the margarine and sugar with electric beaters until light and creamy
4. Add the eggs one at a time, beating well after each addition
5. Sift flours and spices, then gently fold into the mixture with a metal spoon
6. Spread half the mixture into the base of the tin
7. Spread the pie apple on top, then top with remaining mixture
8. Bake 40-50 minutes, or until the top is golden and a skewer inserted into the centre comes out clean
9. Leave to cool in the tin for 10 minutes before lifting out
10. Cut into squares to serve.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	666kJ	965kJ
Protein	2.1g	3.16g
Total fat	6.8g	9.96g
Saturated fat	1.6g	2.39g
Carbohydrate	21.7g	31.5g
Sugars	13.8g	20.2g
Dietary fibre	2.1g	3.1g
Sodium	55mg	80mg



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