

Nutrition Snippet

APPLE AND CINNAMON SLICE

Serves: 16 Prep time: 15 mins Cooking time: 25 mins



Ingredients

- ½ cup apple purée
- ⅓ cup caster sugar
- 2 eggs
- ½ cup reduced-fat natural Greek yoghurt
- 1 tsp ground cinnamon
- 1 cup wholemeal self-raising flour
- 200g tinned apple slices

Method

Step 1: Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.

Step 2: Add the apple purée and sugar to a large bowl and whisk until combined.

Step 3: Whisk in the eggs, one at a time until combined.

Step 4: Add the yoghurt and cinnamon and whisk to combine. Add the flour and gently fold through until combined.

Step 5: Spoon the mixture into the prepared tin. Arrange the apple slices on top. Bake for 20–25 minutes, until a skewer inserted in the center comes out clean.

Step 6: Stand in tin for 10 minutes before turning out onto a wire rack to cool. Slice and serve.

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