

Apple Pie Bites



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Equipment:

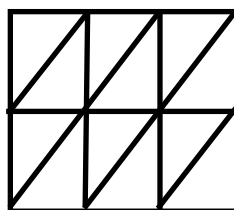
- Chopping board
- Sharp knife
- Mixing bowl
- Measuring spoons
- Soft brush

Ingredients:

- 3 fresh apples
- 3 sheets of puff pastry
- Cinnamon
- Pure maple syrup or Organic Raw sugar
- Butter
- Organic sultanas
- Sunflower seeds

What to do:

1. Preheat oven to 180°C
2. Cut apples into slim slices—removing the core in each slice. Make sure you have enough for each person you are serving for.
2. Cut pastry into 12 triangles—enough for each person you are serving for.



3. Place baking paper onto oven tray and place each triangle on to tray.
4. Sprinkle cinnamon and syrup (or sugar) over each pastry triangle.
5. Place apple slice on pastry triangle.
6. Sprinkle a few sultanas and seeds over pastry.
7. Wrap pastry over apple slice and lightly brush with melted butter.
8. Bake for 20 minutes or until brown.