

Apple and cinnamon slice

 0.1 serves of fruit in each serve



Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 16

 0.1 of a serve of fruit per serve

Diet and Allergies:

Nut Free, Vegetarian

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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