

Easy scrolls - two ways



Serves:
approx. 20



Prep time:
30 minutes



Cooking time:
25 minutes



Source of
cereal/grains



Source of dairy



Source of iron

Ingredients

Dough

- 2 cups white self-raising flour
- 2 cups wholemeal self-raising flour
- 2½ cups Greek yoghurt
- ½ cup cooked quinoa

Savoury pizza filling

- 1 cup pizza sauce
- 1 cup light tasty cheese, grated
- 2 cups of your favourite pizza toppings, e.g. spinach, zucchini, tomato, mushroom

Fruit filling

- 1 cup dried fruit e.g. sultanas, apricots
- 1 tsp cinnamon, ground
- ½ cup warm water
- 1 cup carrot, grated



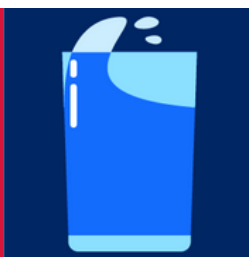
Helpful hints

- Grated vegetables can be added to the dough without ruining the fluffy texture e.g. zucchini, carrot, pumpkin.
- You can also bake the cut scrolls in a sprayed muffin tin to keep an even shape.

Method

1. Preheat fan-forced oven to 180°C.
2. In a bowl, mix both flours and yoghurt until well combined.
3. Fold in the cooked quinoa.
4. On a floured surface, knead to form a soft dough. Roll dough out to make a rectangle shape about 30cm long.
5. For pizza scrolls: Spread the pizza sauce and toppings evenly over the dough then sprinkle the cheese top.
For fruit scrolls: Soak dried fruit in warm water and cinnamon for about 15 minutes. Mix soaked dried fruit with grated carrot. Spread mixture evenly over the dough.
6. Roll the dough up from the long edge to form a log and using a sharp knife, cut into 10 scroll pieces about 3cm wide.
7. Place scrolls flat and well-spaced from each other on lined baking trays. Bake for 20-25 minutes. Cooking time may be longer if baking multiple tins at once.

Illawarra Shoalhaven Local Health District, 2022.



Healthy Eating
Active Living

