

QUICK APPLE AND CINNAMON SCROLLS

3 cups self-raising flour

2 cups natural greek yoghurt

3 tablespoon butter, melted

2 tablespoon caster sugar

1 teaspoon cinnamon

400g pie apple or stewed apple, diced (optional)



Preheat oven to 200 degrees.

In a large bowl, add flour and yoghurt. Stir to combine. Tip out onto a floured bench and bring mixture together with your hands into a ball.

Heavily flour your bench and roll out dough to form a large rectangle approx. ½ cm thick. Brush with melted butter. Evenly sprinkle over sugar and cinnamon, covering the entire rectangle. Add finely diced cooked apple.

Tightly roll the rectangle up into a large sausage. Using a serrated knife, cut into pieces approx. 5cm thick. Place close together on a greased baking tray. Brush the top of the rolls with the remaining melted butter.

Bake for approximately 30 minutes.