

Apple and Cinnamon Slice



Cancer Council
Australia's Biggest
Morning Tea

Apple and Cinnamon Slice



 **Preparation time:** 15 minutes

 **Cooking time:** 25 minutes

 **Serves:** 16

 **0.25 serves** of fruit per slice

Diet and allergies:

Vegetarian, Nut free

♥ **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 canned apple slices

♥ **Savvy swaps**

You can swap:

Canned apple slices



Canned pear slices

Cinnamon



Mixed spice or nutmeg

Natural Greek yoghurt



Natural yoghurt

♥ **Method**

1. Preheat the oven to 180°C.
Grease and line a 20cm x 20cm square baking tin.
2. Add the apple purée and sugar to a large bowl and whisk until combined. square baking tin.
3. Whisk in the eggs, one at a time until combined.
4. Add the yoghurt and cinnamon and whisk to combine. Add the flour and gently fold through until combined.
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.
6. Stand in tin for 10 minutes before turning out onto a wire rack to cool. Slice and serve.



For more information
SCAN ME



Cancer Council
Australia's Biggest
Morning Tea