


Diploma Apple Cinnamon Scrolls



Serves: 16
Prep: 20 mins
Cook: 20-25 mins

Dietary: VEG, EF, NF
Age group: 12 months+
Mealtime: Graduation Menu
Difficulty level: Beginner



MindChamps®
early learning & preschool

Diploma Apple Cinnamon Scrolls



Vegetarian



Nut Free



Egg Free

Equipment

High-speed food processor

Ingredients

DOUGH

- 2 cups (300g) wholemeal flour
- 1 cup (250g) natural Greek yoghurt
- 1 tsp (6g) baking powder
- 1/4 tsp (1g) baking soda
- 2 tsp (10g) coconut sugar

FILLING

- 225g cream cheese, softened to room temperature
- 2 tsp (6g) ground cinnamon
- 1 tsp (5ml) vanilla extract
- 2 tsp (10g) coconut sugar
- 2-3 (400g) large apples, peeled, grated, lightly squeeze out excess liquid

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Place the cream cheese with the cinnamon, vanilla and sugar into a small bowl, use a fork to mash together to combine. Set aside.
3. Place all dough ingredients into a food processor and process until smooth.
4. Remove the dough, shape it into a ball. Place in between two sheets of baking paper and roll it into a rectangle shape about 0.5cm thick. If dough seems too sticky, lightly flour the baking paper and sprinkle some flour on top of the dough before rolling out. Remove the top sheet.
5. Spread dough with the cream cheese mixture. Leave a 2cm edge, free of filling on one of the longer sides, of the dough. Sprinkle over the grated apple.
6. Roll dough into a log shape, using a sharp knife, cut into 16 even slices to make scrolls.
7. Place on the lined baking tray and bake for 20-25 mins. Leave to cool on a wire rack before serving.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

Tips

✓ Prep tips:

To ensure this recipe works best, use a thick yoghurt.

✓ Allergies:

For a dairy-free version: Swap yoghurt with a coconut or soy yoghurt.

For a gluten-free version: Swap wholemeal flour with brown rice flour.

✓ Easy ingredient swaps:

Instead of apple, use pear.

✓ Additional boosters:

Add crushed seeds to the filling mixture.