

Apple & Cinnamon Rings

Makes approx. 4



Ingredients (allergens in bold)

- 1 apple, cored & sliced
- **Puff pastry**
- 1 - 2 teaspoons ground cinnamon
- Juice of 1/2 lime
- 2 teaspoons brown sugar
- 1 small **egg**, beaten
- Icing sugar for dusting

Method

1. Pre-heat the oven to 180°C.
2. Line a baking tray with greaseproof paper.
3. Cut the apple in half across the middle, core and cut into rings.
4. Squeeze the lime juice over the apple to prevent turning brown.
5. Roll out puff pastry to 1/2cm thickness (or use pre rolled pastry).
6. Cut into 4 strips approx. 6cm x 1cm.
7. Wrap each strip round the apple to create a flower design.
8. Beat the egg in a bowl and lightly brush the pastry.
9. Sprinkle with cinnamon and brown sugar.
10. Bake in the oven for approx. 10 mins until the pastry is golden brown.
11. Sprinkle with icing sugar once cooked.
12. Enjoy for breakfast or dessert!



Equipment

- baking tray
- sharp knife
- rolling pin
- small bowl
- fork
- pastry brush