



Autumn/Winter Recipes

Fruit Scrolls

with two-ingredient dough



Autumn/Winter Recipes



Makes : Prep : Cook
12 : 30min : 25min

Fruit Scrolls with two-ingredient dough

Ingredients

For the Dough:

- 1 cup self-raising flour
- 1 cup plain yogurt (preferably Greek yogurt)

For the Filling:

- 2 apples (peeled, cored, and thinly sliced)
- 1 tablespoon sugar (adjust to taste)
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- Optional: 1 tablespoon butter (melted, for brushing)

For the glaze:

- ½ teaspoon lemon juice
- ½ cup icing sugar
- 1-2 teaspoons or enough water to make a icing.

Method

1. **Prepare the Filling:** In a bowl, mix the sliced apples with sugar, cinnamon, and lemon juice. Set aside.
2. **Make the Dough:** In a mixing bowl, combine the self-raising flour and yogurt. Stir until a shaggy dough forms.
3. Lightly flour a clean surface and knead the dough for about 2–3 minutes until smooth. If the dough is sticky, add a bit more flour.
4. **Roll Out the Dough:** Roll the dough into a rectangle (about ¼ inch thick).
5. **Add the Filling:** Evenly spread the apple mixture over the dough. If using, brush melted butter over the apples for added flavour.
6. **Roll and Slice:** Starting from one long edge, carefully roll the dough tightly into a log. Slice the log into 4–6 equal pieces.
7. **Bake:** Preheat your oven to 375°F (190°C). Place the scrolls cut side up on a lined baking sheet. Bake for 20–25 minutes, or until golden brown.
8. **Serve:** Allow to cool slightly before serving. Mix lemon juice, water, and icing sugar together and drizzle over the top of the scrolls.
9. Enjoy your delicious apple scrolls!





Autumn/Winter Recipes

Minestrone Soup



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Serves	Prep	Cook
4	25min	25min

Minestrone Soup

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1 can (15 oz) kidney beans, rinsed and drained
- 1 cup small pasta (like ditalini or elbow)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- Fresh parsley or basil for garnish (optional)
- French stick and cheese for cheese bread (optional)

Method

1. **Sauté Vegetables:** In a large pot, heat olive oil over medium heat. Add the onion, carrots, and celery. Cook for about 5 minutes, until softened. Add garlic and cook for another minute.
2. **Add Remaining Vegetables:** Stir in the zucchini and green beans. Cook for a few more minutes.
3. **Add Liquids and Seasonings:** Pour in the diced tomatoes (with their juice) and vegetable broth. Add the kidney beans, oregano, basil, salt, and pepper. Bring to a boil.
4. **Cook the Pasta:** Add the pasta to the pot and reduce the heat. Simmer for about 10-12 minutes, or until the pasta is al dente.
5. **Serve:** Taste and adjust seasoning if needed. Serve hot, garnished with fresh parsley or basil. Slice bread top with cheese and melt under a grill until lightly golden. Serve with the soup, if desired.