

Ingredients:

Serves: 12 large or 24 small

- 2 ¼ cups plain flour + extra flour for rolling
- 2 teaspoons of baking powder
- 2 tablespoons olive oil
- ¾ cup reduced fat milk + extra milk for brushing
- 1 egg
- Olive oil cooking spray

Cheese Filling:

- ½ cup reduced fat grated tasty cheese
- 1 tablespoon grated parmesan cheese
- ½ cup shallots, sliced finely
- ½ cup capsicum, diced finely
- 100g reduced salt lean leg ham



Method:

1. Preheat the oven to 220°C.
2. Place the flour and baking powder in a large mixing bowl. Combine oil and milk. Using a fork, beat the egg into the milk mixture until combined. Pour this mixture into the flour and fold to form a dough.
3. Place dough on a well-floured surface and roll into a rectangle (30cm X 25cm), placing the widest side nearest to you. Brush the surface with a little extra milk.
4. Sprinkle all the filling ingredients evenly over the dough.
5. Starting from the widest side of the dough, roll away from yourself, to form a tight spiral. Cut the roll into 12 or 24 slices and place on a lined baking tray. Place the scrolls flat side down so that they touch each other in a round cluster.
6. Brush with a little milk and bake for 12- 15 minutes or until golden brown and cooked through.

Food Group	Serves provided per portion (Ingredients above for 12 portions)
Grains (cereals)	0.75 serves
Milk, yoghurt, cheese and alternatives	0.2 serves