

Pesto Pinwheels

Ingredients

450g Fate All-Purpose Flour Mix

60g butter melted

50ml rapeseed oil

350-400ml low protein milk

100g pesto – check protein content on label, or make low protein pesto (recipe below)

1 teaspoon bicarbonate of soda

2-3 teaspoons chopped thyme

1 teaspoon garlic salt

1 teaspoon fennel seeds crushed

Salt

Pepper

Optional

Some sun dried tomatoes

Black olives chopped

1oz of low protein cheese

Method

1. Grease 2 baking trays.
2. Sieve low protein flour mix and bicarbonate of soda together.
3. Add garlic salt, crushed fennel seeds and chopped thyme.
4. Add chopped sun dried tomatoes and olives if using.
5. Using electric beaters, mix in milk, water, melted butter and oil.
6. Flour (with low protein mix) table/board.
7. Empty dough mix out and lightly roll into rectangle (approx. 50x20cm) making sure it doesn't stick to table.
8. Lightly drizzle with olive oil and spread half pesto on top.
9. Sprinkle over some salt and pepper and cheese if using. Roll up like swiss roll and cut up into slices approx. 1½" thick.
10. Place onto greased tin. Lightly drizzle with olive oil and bake for 10-15 minutes till golden brown. Best eaten warm and on the day but can be frozen.

Low Protein Pesto

Ingredients

100g fresh parsley

150g fresh basil

3 garlic cloves

3 medium onions

170g can of tomato purée

50-60g butter

60ml olive oil

Salt and pepper

Pinch of sugar

Method

1. Place all the ingredients in a food processor and blend until smooth.

This recipe was provided by Nutricia