



## **Apple Strudel Flan**

### **Ingredients**

#### **Pastry Case**

4oz/120g Juvela low protein mix

1oz/30g hard margarine

1oz/30g lard

Water to mix

#### **Filling**

1lb/445g cooking apples, peeled, cored and sliced

2oz/60g sultanas

2oz/60g sugar

#### **Topping**

2oz/60g Juvela low protein mix

1oz/30g margarine

½ tsp. mixed spice

1oz/30g brown sugar

Oven: 375°F/190°C/Gas Mark 5

#### **Method**

1. To make the pastry, ensure that the fats are kept cool and hard. Rub the fats into the low protein mix until the mixture resembles breadcrumbs.
2. Add enough water to give soft, but not sticky, dough.
3. Knead the pastry on a surface lightly dusted with low protein mix until smooth.
4. Line a 7" (18cm) flan dish with the pastry and bake blind.
5. Cook the apples with the sugar until just soft.
6. Add the sultanas and allow the mixture to cool.
7. For the topping, rub the margarine into the low protein mix, stir in the sugar and spice.
8. Spread the apple mixture into the based pastry case.
9. Sprinkle on the topping.
10. Bake for about 20 minutes.

This recipe has been provided by ©Juvela



*National Centre for Inherited Metabolic Disorders*

