

OUR HOME-COOKED EXPERTLY CREATED HEALTHY KINDRED MENUS

## One of our lovingly created Kindred Recipes!

## **Apple and Date Strudel**

## Ingredients

(Based on Family of 4)

- 300g Tinned apples
- 50g Chopped dates
- 1 Sheet puff pastry
- 🗸 1 Egg

## Method

- Place the puff pastry onto a lined baking tray.
- Add the apples and dates onto the pastry in a line leaving enough pastry to fold over.
- Roll the pastry around the fruit and turn over so the seal is at the bottom.
  - Slice small slits into the top of the pastry to let the steam out
  - Beat the egg and then brush a small amount of the egg on top of the strudel.

Heat the oven to 200 degrees and bake until golden brown.

Serve and Enjoy!

Creating inspiring worlds full of awe and wonder for little ones to grow and thrive in.