

# Apricot Strudel

 15 mins preparation + 25 mins cooking

 7 serves fruit

## INGREDIENTS

800g can apricots, drained  
1-tablespoon honey  
1-teaspoon cinnamon  
½ cup dates, chopped  
4 sheets filo pastry  
Olive or canola oil spray  
2 tablespoons almonds, flaked



## DIRECTIONS

Preheat oven to 200°C. Combine apricots, honey, cinnamon and dates in a small bowl. Lightly spray pastry with oil. Lay pastry sheets on top of each other then spoon apricot mixture along the centre length. Fold pastry to encase, tucking neatly into a roll. Spray top with oil and sprinkle with almond flakes. Bake for 20-25 minutes until golden brown and crispy. Serves 6.

## HINT

Always choose fruit canned in 'natural' juice or pie apples as these do not have 'added sugar'.

## VARIATION

Canned peaches or apples could replace the apricots

## WHAT IS A SERVE?

### Fruit



1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup chopped  
or canned fruit

### Vegetable



½ cup cooked  
vegetables or cooked  
legumes

1 medium  
potato

1 cup salad  
vegetables



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