

CHRISTMAS TRIANGLE TREATS



Triangle Treats are a Christmas alternative to the usual mince pies – even tastier! Serve as a dessert or snack.

If you're making this in school, or at cook club, you could pre-cook the apples to save time or to make this a home-cook recipe.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; use a vegetable peeler; glaze pastry; use a hob/oven (with adult supervision).

Equipment: Hob, oven, weighing scales, knife, chopping board, measuring spoons, vegetable peeler, small bowl, fork, dessert spoon, pastry brush, saucepan, wooden spoon, baking tray, oven gloves.

Allergens*: Wheat | Gluten | Eggs | May contain sulphites

Ingredients (makes 8):

- 350g cooking apples
- 35g caster sugar
- 3 tsp Sweet Mincemeat
- 1 tsp ground nutmeg
- ½ tsp ground cinnamon
- 4 tortilla wraps
- 1 egg

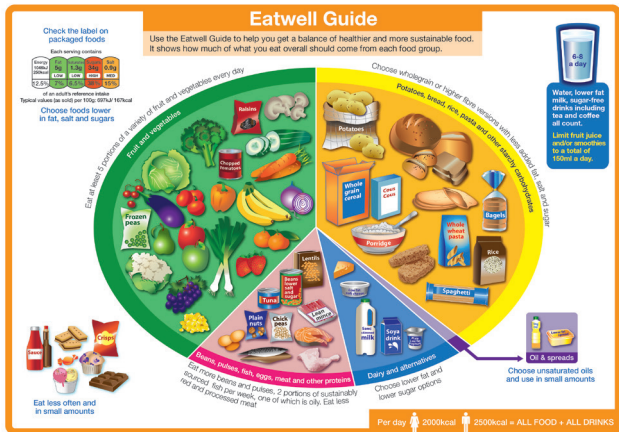
Method

1. Peel, core and finely dice the apples. Place them in a large saucepan with 1 tablespoon of water and the sugar. Heat gently until the apples are cooked and start to break up.
2. Stir in the spices and mincemeat and cook for a further 2 mins. Set aside to cool.
3. Cut the tortillas in half and, using a pastry brush, brush egg all around the edge of the 1st tortilla semi circle.
4. With the straight edge on your right hand side, fold the bottom of the tortilla up 1/3 and press firmly along the edge to seal it.
5. Fold the top of the tortilla down to make a triangle and press firmly along the edge to seal it.
6. Open the triangle on the curved side and spoon 2-3 dessert spoons of the mixture inside.
7. Brush egg around the opening and press the curved edges firmly together to seal the parcel.
8. Place on a baking tray, brush the top with egg and repeat for the other tortilla halves.
9. Cook in the oven for 10-12 minutes at 180 C.
10. Serve hot or cold – If serving hot leave to cool for a few minutes before serving as the apple will be very hot inside.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



CHRISTMAS TRIANGLE TREATS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 82g serving

ENERGY
538kJ / 127kcal **6%**

LOW **FAT**
2.0g **3%**

LOW **SATURATES**
0.4g **2%**

MED **SUGARS**
13.0g **14%**

LOW **SALT**
0.22g **4%**

% of an adult's reference intake
Typical values per 100g : Energy 656kJ / 155kcal

So, thinking about Christmas Triangle Treats...

Apples are high in fibre and are packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.



Tortilla Wraps like bread, are a good source of complex carbohydrates which gives us energy.



Mincemeat is a mixture of chopped dried fruit, peel, spices and either beef suet or vegetable shortening.

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.