

Savoury Pinwheels



Hard



Utensils

Chopping board and knife
Large mixing bowl
Mixing spoon
Measuring cups and spoons
Sifter
Rolling pin
Pastry brush
Baking tray
Non-stick cooking spray

You can eat pinwheels with a salad or lunch, as an after school snack, or with soup for dinner. Makes 8 slices.

Ingredients

1 cup reduced-fat cheese
1 small onion
2 rashers lean bacon
1 cup chopped parsley
1½ cups wholemeal SR flour
1½ cups white SR flour
60 g margarine
1 cup low-fat milk
2 tablespoons extra milk
Poppy or sesame seeds (optional)

