

Apple & sultana tarts



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Preparation 30 mins + cooling time | Cooking 60 mins | Makes 10

- 1.5 kg Granny Smith apples, peeled, cored and chopped
- $\frac{1}{3}$ cup caster sugar
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ cup sultanas
- 10 sheets fresh filo pastry
- 125g butter, melted, for brushing
- Icing sugar, for dusting
- Vanilla ice-cream or whipped cream, to serve

STEP 1 Combine apples, sugar and cinnamon in a large saucepan, cover and bring to the boil over medium-high heat, stirring occasionally. Reduce heat to low and simmer, stirring occasionally, for 20-25 minutes until very tender. Stir in sultanas. Remove from heat and set aside to cool for 30 minutes.

STEP 2 Preheat oven to 200°C/180°C fan-forced. Grease 10 holes of a cup capacity muffin pan with melted butter.

STEP 3 Place filo sheets onto a clean work surface and cover with a damp tea-towel. Working with 1 filo sheet at a time, brush with butter then fold into quarters, brushing with butter before each fold. Gently ease into muffin pan to form a pastry case. Repeat using remaining filo. Spoon cooled apple in filo cases. Bake for 20-25 minutes until filo is golden. Cool in pan for 15 minutes. Dust with icing sugar and serve with vanilla ice-cream or whipped cream.

Good for you...

GRANNY SMITH APPLES

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums. Low GI which means its carbohydrate is digested and releases its energy slowly.

