



Cinnamon Swirls

Prep time 10 minutes

Cook time 20 minutes

This simple low-calorie cinnamon swirl recipe offers a versatile product that could be used as a breakfast item, and afternoon snack or as a dessert with a low calorie ice cream.

Ingredients:

320g light puff pastry
2tbsp granulated sweetener
2 tsp ground cinnamon
1 tsp cold water
1tbsp skimmed milk



Method:

1. Preheat the oven to 170°C and line a baking tray with baking paper.
2. Unroll the pastry and moisten with the cold water. Then sprinkle the granulated sweetener and cinnamon to form an even layer along the pastry.
3. Roll the pastry along the long edge to form a long roll. Try to keep it a tight roll. Using a small amount of water along the far edge to help the roll stick together.
4. Cut the roll into 32 pieces and place each piece on the baking tray. Press each swirl down a little to help the layers stick together.
5. Brush the swirls with a little milk and bake for 20 minutes until crisp and golden.
6. Leave to cool and then enjoy!

Helpful Tips:

- Use a bread knife to cut the rolls as helps to cut the pastry easily.
- These cinnamon swirls can be frozen. As soon as they are cold enough using a container or a suitable freezer bag place the swirls in the freezer.
- The cinnamon swirls can be kept for 3 days after baking in the fridge.