



APPLE BUNS

Ingredients

1 small apple
200g S.R. wholemeal
flour
pinch salt
 $\frac{1}{2}$ tsp cinnamon
100g block margarine
50g brown sugar
1 egg

Utensils

1 baking tray
1 cooling tray
1 potato peeler
1 corer
1 mixing bowl
1 small basin
1 fork
1 vegetable knife
1 fish slice
1 chopping board

METHOD

1. Get out all ingredients & utensils
2. Prepare oven Gas mark 5, 190° C, 375° F
3. Grease baking tray
4. Peel, core & dice the apple (TRAINS and TUNNELS)
5. Place flour, salt & cinnamon into mixing bowl
6. Rub the fat into the flour until it resembles fine breadcrumbs
7. Add sugar & apple. Mix well
8. Break egg into small basin, mix with a fork
9. Add egg to mixing bowl. Mix with a fork to form a stiff dough
10. Place heaps on baking tray, using the fork
11. Bake for 15 minutes or until golden
12. Remove from oven, move buns onto cooling tray using fish slice