



### MARMITE CHEESY SCROLLS

Quick and easy recipe to fill up hungry children after school....or as a recovery snack after training.

 10 minutes 20 minutes 12 portions

## INGREDIENTS

- 2 cups of wheat flour, white, all-purpose (250 g)
- 2.5 level teaspoons of baking powder (10 g)
- 1/2 level teaspoon of salt (3 g)
- 50 grams of butter, salted
- 1/2 cup of milk, reduced fat, fluid
- 6 tsps of yeast extract spread (36 g)
- 80 grams of cheese, cheddar

## COOKING METHOD

- 1° Turn oven on to 200 degrees Celsius to heat up. Measure and place the flour, baking powder and salt into a bowl.
- 2° Add the butter to the flour mixture and rub the butter into the flour with your fingertips, until a fine breadcrumb consistency is made.
- 3° Add the milk to the flour and butter mixture and mix until it forms a stiff dough.
- 4° Place the dough onto a lightly floured bench and knead the dough for a minute.
- 5° Roll into a rectangle about 40 cm by 20 cm. Spread over the marmite and grated cheese.
- 6° Roll up the dough and cut into slices. Place rolls onto a oven tray and place into a preheated oven set at 200 degrees Celsius.
- 7° Cook until golden brown. Remove from oven and allow to cool. Slice in half and add more butter if desired.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (46 g)	% DRI
ENERGY	318 kcal	146 kcal	7 %
FAT	13 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	8 g	4 g	19 %
CHOLESTEROL	36 mg	17 mg	6 %
SODIUM	782 mg	359 mg	15 %
CARBOHYDRATE	38 g	17 g	6 %
SUGARS	0 g	0 g	—
FIBER	2 g	1 g	3 %
PROTEIN	11 g	5 g	—