Bacon and Cheese Pinwheels



Serves	7
Prep time	15 minutes
Cook time	25 minutes
Total time	40 minutes
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet – Very High Chemical
Meal type	Savoury Snack
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold, Serve Hot
Occasion	Casual Party, Picnic

Ingredients

- 1 sheet butter puff pastry (thawed)
- 1/2 cup cheese (grated)
- 3 Slices preservative-free bacon (roughly diced)
- Milk (for brushing)

Directions

1. Preheat the oven to 180 C. Line a baking tray with baking paper.
2. Combine the bacon and cheese in a bowl. Spread over the pastry leaving 1cm clear on two opposite sides.
3. Brush milk over the two clear sides.
4. Roll up the pastry starting on one of the clear sides. Push down firmly on the top edge to seal. Brush the outside of the roll with more milk.
5. Cut the roll with a sharp knife into 7 pieces and place cut side down on the baking tray.
6. Cook for approximately 25 minutes or until the pastry is cooked and golden brown.
7. Allow to cool on the tray for 5 minutes.
8. Can be served hot or cold. Can be frozen for longer storage.

Note

Amines, Low Salicylates, Low Glutamates

Variations: preservative-free ham can also be used instead of the bacon.