

Fruit Pillows



Serves	18
Prep time	2 hours, 30 minutes
Cook time	20 minutes
Total time	2 hours, 50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch Box , Sweet Things
Misc	Pre-preparable , Serve Cold

Ingredients

For the pastry:

- 100g butter (softened)
- 30ml sour cream
- 2 teaspoons baking powder (Refer to note)
- 1/2 teaspoon bicarbonate of soda
- 75g brown sugar
- 2 eggs
- 1 teaspoon vanilla extract (Refer to note)
- 200g spelt flour
- 100g rye flour
- 1/2 teaspoon salt

For the pastry: (Optional)

- 1/4 teaspoon cinnamon (if moderate salicylates are tolerated)

Filling options:

- 2 1/2 cups pureed pear (excess liquid drained out)
- 2 1/2 cups stewed Golden or Red Delicious apple (cooled)

To prepare:

- Extra flour (for rolling)
- Water (for brushing)
- Milk (for brushing)

Directions

Make the pastry:

1. Beat the butter and sour cream until well combined. Add the sugar and mix until light and fluffy.
2. Add the eggs one at a time, beating well after each addition. Mix in the vanilla.
3. Sift together the flours, baking powder, bicarbonate of soda, cinnamon (if using) and salt.
4. Add the flour to the butter mix a bit at a time and mix in well.
5. Once the flour is all combined, place the dough onto a piece of plastic wrap, form into a disc and wrap. Place in the fridge for two hours.



To make the biscuits:

6. Preheat the oven to 180°C and line two trays with baking paper.
7. Divide the dough into three pieces. Re-wrap two and return to the fridge.
8. Roll out the first piece of dough on a lightly floured surface into a 30 x 12 cm strip.
9. Spoon one third of the filling down the centre of the dough.



10. Brush the edges of the dough with water then roll up and press the edges together slightly. Turn over so that the seam is on the bottom.

11. Cut the dough into 5 cm sections and place on the lined trays, with space in between.



12. Brush the tops with milk.
13. Repeat with the remaining two sections of dough.
14. Bake for 20 minutes until golden brown.



15. Allow to cool completely before eating. These biscuits can be stored for a few days in an airtight container. They also store extremely well in the freezer for putting into lunch boxes.

Note

Low Chemical / FAILSAFE, moderate salicylates

Use the pear filling for a low chemical version, or the apple filling if moderate salicylates are tolerated. Include the cinnamon in the pastry if moderate salicylates are tolerated.

I make my own [baking powder](#) and [vanilla extract](#).

The quicker you work the colder the dough will be when it goes into the oven. Warmer dough results in cracks in the cooked biscuit.