

Fruit and Ricotta Pin Wheels



Serves	6
Prep time	30 minutes
Cook time	25 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 1/2 - 2 cups peeled and diced pear
- 1/2 tablespoon brown sugar
- 1 tablespoon water
- 1 sheet butter puff pastry
- 2 tablespoons smooth light ricotta
- 1 teaspoon rice malt syrup
- 2 tablespoons caster sugar

Directions

1. Preheat the oven to 200°C and prepare a 6-hole muffin tray. (The muffin tray helps the pin wheels to hold their shape.)
2. Place the fruit, brown sugar and water into a small saucepan and cook over low heat until soft. Drain the excess liquid then put aside to cool.
3. In a separate bowl combine the ricotta and rice malt syrup.
4. Unwrap the sheet of pastry and place it on a clean flat surface. Spread the ricotta over the pastry leaving a 2cm space along the far edge. Spread the cooked fruit over the top.
5. Brush the clear edge of the pastry with a bit of water, then roll up the pastry towards the far edge. Seal the edge firmly.
6. Place the caster sugar onto a small plate. Cut the pastry roll into 6 pieces and roll each piece in the sugar, dipping the ends in as well. Place into the muffin tray.
7. Bake in the oven for 25 minutes until golden.
8. Serve warm or cold.



Note

Low Chemical / Failsafe

Variation: substitute the pear for Red or Golden Delicious apples (moderate salicylates) or peaches, nectarines or apricots (high salicylates) if doing a salicylate challenge.