

Slow Cooker Spelt Pizza Scrolls



Serves	8-10
Prep time	30 minutes
Cook time	2 hours, 30 minutes
Total time	3 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 450g spelt flour
- 6 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon bicarbonate of soda
- 100g butter (room temperature)
- 1 cup milk
- 4 tablespoons No-tomato sauce (Refer to recipe)
- 3/4 cups diced cooked meat (Refer to note)

Optional

- 1/2 cup grated cheese (amines)

Directions

1. Preheat the slow cooker for 20 minutes and line the bottom and part way up the sides with a sheet of baking powder.
2. Sift the flour, baking powder and bi-carbonate of soda twice into a large bowl.
3. Add the butter, and use your finger tips to mix it in until it resembles bread crumbs.
4. Add the milk and use a butter knife to mix the dough until you get a smooth dough.
5. Remove from the bowl and knead on a lightly floured surface until it comes together.
6. Roll the dough out into a rectangle about 35 x 25cm.
7. Spread the no-tomato sauce over the dough, then sprinkle with the meat and cheese (if using).
8. Roll the dough up on the long side until you get a big roll, seal the outside edge.
9. Slice the roll into 8 - 10 slices.
10. Place the slices, cut side down, into the slow cooker in one layer.
11. Place the lid on and cook for 2 to 2 1/2 hours. Avoid taking the lid off too often, as heat will be lost.
12. To brown the top, place the cooked bread under a grill for a few minutes.
13. Serve while hot, or can be stored (once cool) in an airtight container for a few days.



Note

Low Chemical / Failsafe, Very High Amines

Refer [here for the No-tomato sauce recipe](#).

For a low chemical version use cooked chicken, [Real Deli Chicken](#) or cooked [FAILSAFE sausages](#).

If amines are tolerated use preservative-free ham or bacon.

There is no reason why this couldn't be baked in the oven, I just haven't tried it that way.