

Pizza Pinwheels

375g pack ready-rolled puff pastry

6tbsp ready-made pasta sauce (not too chunky)

100g wafer thin ham (optional)

100g mature cheddar, grated

1 egg, beaten

1tsp dried oregano or mixed herbs



Preheat the oven to 200C/180C fan/gas mark 6. Unroll the pastry onto a lightly floured surface. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges. Arrange the ham evenly on top, then scatter the grated cheese over.

Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes or so.

Take a sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go. Brush each pinwheel lightly with beaten egg and sprinkle over the herbs. Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

