



### **Apple, Cheddar and Cranberry Turnover**

#### **Ingredients:**

- 1 egg
- 80g Gala apple
- 40g raisins
- 28g sugar
- 220g Tenderflake pastry
- 1 tbsp water
- 60g cheddar cheese, shredded
- Flour for rolling

#### **Directions:**

- Peel and cut apples
- Toss with sugar and raisins
- Roll out pastry
- Cut 13 large circles
- Beat egg and water
- Brush pastry with egg mixture
- Fill pastry with apple and raisins and cheese
- Fold pastry and brush with egg mixture
- Press ends with fork
- Bake at 400 degrees for 20 minutes

#### **Nutrition:**

- Makes 13

Cals:126

Fat: 7g

Carb: 14g

Pro: 3g