



Mustard, Spinach and Ricotta Scrolls

A simple lunchbox or picnic treat for both adults and children. Add your favourite filling to these scrolls for a difference.

Makes 12

2½ cups	self-raising flour
30g	Western Star Butter, chilled
1 cup	Anlene No Fat*
2 tablespoons	wholegrain mustard
250g tub	Perfect Italiano Light Ricotta
5	shaved slices lean ham
¼ cup	chopped spring onion
1 cup	baby spinach leaves
	freshly ground black pepper, to taste

Method:

1. Blend flour and butter in a food processor until mixture resembles fine breadcrumbs. Pour in **Anlene No Fat*** and blend briefly until a dough forms.
2. Turn dough onto a lightly floured surface and knead lightly until it comes together. Roll out on a floured surface to a 20x30cm rectangle.
3. Spread the dough with mustard and ricotta. Top with ham, spring onions and spinach. Season with pepper to taste.
4. Tightly roll the dough lengthways as for a Swiss roll. Cut into 12 slices and place onto a baking paper lined tray. Bake at 200°C for 20 minutes until golden and puffed. Serve warm.

Tip: Chopped lean prosciutto is a delicious substitute for ham in the recipe. Scrolls are best enjoyed on the day they are made but will keep for 2 days in the fridge. Freshen prepared scrolls in the microwave for 10-20 seconds. This recipe is suitable for freezing.

*less than 0.15g fat/100ml

MAGNET AREA



Anlene™

EXPERT IN BONE NUTRITION

Mustard, Spinach and Ricotta Scrolls

Did you know that you need more than just calcium to maintain healthy bones?

The good news is that you can feed your bones with Anlene.

Enjoy Anlene everyday – it has Calcium PLUS Vitamin D, Magnesium, Zinc and Protein.

Anlene milk with added Vitamin D and minerals is available in Fresh Low Fat, Fresh No Fat and Long Life Low Fat.*

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (93g)	PER 100g
ENERGY	737kJ	795kJ
PROTEIN	7.9g	8.5g
FAT		
– TOTAL	5.4g	5.8g
– SATURATED	3.0g	3.2g
CARBOHYDRATE		
– TOTAL	23.3g	25.1g
– SUGARS	2.2g	2.4g
DIETARY FIBRE	1.2mg	1.3mg
SODIUM	503mg	543mg
CALCIUM	129mg	139mg

Nutritional Information may vary according to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs of adults who may be lacking in essential bone nutrients and energy in their everyday diet.

Anlene Tips

- *Finish soups with a splash of Anlene Low Fat or No Fat* for a creamy low fat result.*
- *Stir a little Anlene Low Fat or No Fat* through risottos towards the end of cooking for a creamy calcium boost.*
- *Use Anlene Low Fat or No Fat* as you would regular milk when baking cakes or making pancakes and quiches.*

www.anlene.com.au