

Magic Wheels

A tasty magic wheel packed full of as many flavours you can imagine, spun to be delicious. Or simply bake flat for a perfect breakfast pizza that kids love.



Serves 10 children



50 minutes

INGREDIENTS

Flour, plain, wholemeal (or 50:50 mixture of plain and wholemeal)

500g (3 ½ C)

Baking powder 20g (1 ½ T)

Margarine, polyunsaturated 50g (2 ½ T)

Milk, reduced fat 175ml (2 T)

Vegetables, pureed, such as tomato, carrot, pumpkin or other available vegetables 150g (¾ C)

Cheese, cheddar, grated 150g (1 ½ C)

DIRECTIONS

1. Preheat oven to 180°C.
2. Mix flour and baking powder in a bowl and rub in the margarine to resemble breadcrumbs.
3. Stir in the milk to make a dough.
4. Lightly flour a surface and roll out the dough into a 25cm square.
5. Spread the pureed vegetables over the surface leaving 3cm clear on one edge.
6. Sprinkle the cheese evenly over the pureed vegetable.
7. Brush water on the free edge and then roll towards that edge and seal.
8. Cut into 10 equal slices lay cut side down on a line baking tray.
9. Bake at 180°C for 15-20 minutes or until golden brown

Allergy Information

Contain's: gluten, wheat, cow's milk protein.

Childcare RDI Calculator:

Fat	<div></div>	100 %
Vegetables	<div></div>	20 %
Meat/Alt*		0 %
Cereals	<div></div>	150 %
Dairy	<div></div>	120 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services