

## Apricot and Date Strudel

800g can apricots, drained  
1 Tbsp honey  
1 tspn cinnamon  
½ cup dates, chopped  
70g ground almonds  
5 sheets filo pastry  
Oil spray  
2 Tbsp flaked almonds

Preheat oven to 200C. Combine apricots, honey, cinnamon, dates and ground almonds in a small bowl. Layer 5 sheets of filo pastry on top of each other, spraying with small amounts of oil spray between each sheet. Spoon apricot mixture along one long edge of the sheets (leave a 2 cm border on this edge and on the sides), tuck the side edges in and then roll up. Move carefully on to a lightly oiled baking tray, spray top with oil and sprinkle with almond flakes. Bake for 20 – 25 minutes until golden brown and crispy. Serve with custard, yoghurt or low fat icecream. Serves 6

### Hints:

- Always choose fruit canned in “natural” juice or pie apples as these do not have “added sugar”
- Canned peaches or apples could replace the apricots
- Prunes could be used instead of the dates – try soaking them first in a little sherry or port

### Health Habits:

- Basing dessert around fruit
- Adding ground almonds – almonds are rich in “heart friendly” fats
- Using filo pastry instead of regular pastry – filo pastry has no fat in it while regular pastry has lots.
- Using small amounts of oil between each sheet – oil is better for health than butter and quantity is controlled