Cheesy Pizza Honey Scrolls

INTERMEDIATE • 55 MINS

Who knew scrolls were this easy!? Greek yoghurt and self-raising flower form the base, then you can go ham with the toppings!

This pull-apart option has a cheesy-pizza twist, making it a sure-fire winner for an after-school snack. Plus, when you're adding cheese and honey- you can sneak extra veggies in there with ease (they'll never know).

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Intermediate	20 mins	35 mins	12

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Ingredients

- 3 cups self-raising flour
- 2 cups Greek yoghurt
- 50g butter
- 90g (¼ cup) Low GI Honey
- Handful of baby spinach (chopped)
- ½ cup sliced deli ham (chopped)
- 2 tbsp tomato paste

Used in this recipe

Low GI Honey

Capilano Low GI Honey is a specially selected blend of Australian premium eucalypt honey with a light, floral taste that is perfect for your everyday sweetening needs. The natural sugar profile of this specially selected 100% Australian honey influences the way it is digested in the body, and its GI rating. Low GI 42 delivers slow energy release.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. Preheat oven to 180°C (fan-forced). Grease a 25cm x 15cm baking tray with butter or spray with oil.

2. In a mixing bowl, combine yoghurt and flour and mix with hands until it comes together in a ball.

3. On a floured bench, knead dough until smooth and elastic (about 3-4 minutes) and with a rolling pin, roll dough into a large rectangle about 0.5cm thick.

4. Spread with tomato paste. Distribute baby spinach, ham and half the cheese evenly over dough. Finish with a generous squeeze of Capilano Pure Honey.

5. Roll dough into a log from the long side. Cut into 12 even pieces and place spiral upward into the baking tray (it's ok if the spirals touch). Sprinkle over remaining cheese.

6. Bake for 25-30 minutes, or until an inserted skewer comes out clean.

7. If not serving immediately, set aside to cool completely then transfer to an airtight container. When ready to serve, microwave until the scroll is warmed and drizzle over extra Capilano Pure Honey.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!