



MIXER'S FILO MINCE PIES



MAKES 30, SERVES 15

INGREDIENTS

- 1 banana
- 150g raisins
- 75g dates (without the stones)
- 150g cooking apples, cored and chopped
- 150ml unsweetened apple juice
- ½ teaspoon mixed spice
- ½ teaspoon cinnamon
- 1 pack filo pastry (6 sheets)
- 150ml semi-skimmed milk
- A handful of plain flour

EQUIPMENT

- saucepan • teaspoon • wooden spoon •
- fork • chopping knife • measuring jug •
- bowls • kitchen scales • kitchen scissors •
- baking tray • greaseproof paper •
- pastry brush • oven gloves •



1



Ask an adult to turn the oven on and preheat it to 200°C/Fan 180°C.

Cut a sheet of greaseproof paper the size of your baking tray and place it on your baking tray.

Put the peeled banana into a bowl and mash it using the back of a fork.

Then put the banana, raisins, dates, apples, juice and spices into a saucepan.

Heat the mixture on the hob until it is simmering. Let it simmer for 20 minutes, stirring it often, until it becomes a fruit mixture. Once cooked, let it cool down slightly.

Did you know these are called mince pies because they traditionally had meat in them – more than 200 years ago! They still have the same spices but now, they're a festive dessert.



EAT MOVE LEARN

wcrf-uk.org/eat-move-learn

FILO MINCE PIES

2



While the mixture is cooling you can get the filo pastry ready. Lightly flour a clean surface and roll the sheets of pastry out flat.

Ask an adult to help you cut the filo pastry in to squares (around 10cm x 10cm) using some kitchen scissors.

3



Using a pastry brush, lightly brush the pastry squares with milk.

Lay 3 squares of pastry on top of each other and do this with the rest of your pastry squares.

4



Put 1 teaspoon of the fruit mixture in the middle of each pastry square.

5



Next, pinch the corners of the pastry together in the middle to make a parcel.

Gently lift up each parcel and put it on the baking tray lined with greaseproof paper.

Now ask an adult to help you put the baking tray in the oven and bake your mince pie parcels for 10 minutes, or until they turn a golden colour.

6



When they are ready, ask an adult to take the parcels out of the oven and let them cool for a few minutes.

Serve with a glass of milk – delicious!

