

Apple pie samosas

Ingredients

- 2 cooking apples, peeled, cored and chopped
 - 50g caster sugar
 - 1 tsp ground mixed spice
 - 50g sultanas
 - 4 sheets filo pastry
 - 25g low-fat spread, melted
1. Heat oven to 200C/180C fan/gas 6. Place the apples, sugar, mixed spice and sultanas in a saucepan with 2 tbsp water and cook, covered, for 6 mins or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool slightly.
 2. Cut the sheets of filo in thirds lengthways, then brush lightly with the melted spread. Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until crisp and golden. Serve with low-fat yogurt, if you like.

