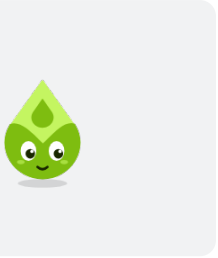
Snack, Indian

Cocoa Swirl Bread Pinwheels

Soft slices of whole wheat bread are rolled around a warm cocoa mixture with a scatter of quick cooking oats, then cut into tidy little pinwheels. The whole thing comes together in minutes and is best enjoyed straight away.

10 min	15	1.4 g	0.4 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] 1 tbsp low fat butter
- [ ] 2 tbsp cocoa powder
- [ ] 5 tbsp low fat milk (0.1% fat)
- [ ] 1 tsp sugar substitute
- [ ] 4 slices of whole wheat bread
- [ ] 4 tsp quick cooking oats

Method

- [ ] **1** Warm the low fat butter in a deep non-stick pan, then stir in the cocoa powder.
- [ ] **2** Cook on a medium flame for 1 minute, stirring continuously.
- [ ] **3** Pour in the low fat milk (0.1% fat), add the sugar substitute and mix well, then cook on a medium flame for another 3 to 4 minutes, stirring all the time.
- [ ] **4** Tip the mixture into a small bowl and set it aside.
- [ ] **5** Trim the crusts off the slices of whole wheat bread.
- [ ] **6** Flatten each slice with a rolling pin.
- [ ] **7** Spread 2 tsp of the cocoa mixture over one flattened slice and sprinkle 1 tsp of quick cooking oats evenly on top.
- [ ] **8** Roll up the slice like a swiss roll and cut it into 3 equal portions.
- [ ] **9** Repeat the spreading, sprinkling, rolling and cutting with the remaining slices to make 9 more pinwheels.
- [ ] **10** Serve the pinwheels immediately.

Nutrition Facts

Per serving

Calories	**15**
Total fat	1 g
Saturated fat	Not listed
Sodium	12 mg
Total carbs	1.4 g
Fiber	0.4 g
Total sugars	0.4 g
Protein	0.5 g

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