Snack

Fruity Homemade Mince Pies

Crisp little pastry pies filled with warmly spiced fruit mincemeat and finished with a colourful mix of fresh fig, chopped pear, cherries, walnuts and citrus zest.

60 min	168	17.4 g	8 g
time	calories	carbs	sugars



Low sugar

Ingredients, 12 servings

For the pastry

- [ ] 150 g wholemeal flour
- [ ] 75 ml rapeseed oil
- [ ] 50 ml cool water

For the filling

- [ ] 150 g vegetarian mincemeat
- [ ] 75 g apple, grated and unpeeled
- [ ] 50 g carrot, grated
- [ ] 1 tbsp sunflower seeds
- [ ] 1 heaped tsp mixed spice

For the toppings

- [ ] half apple, finely chopped
- [ ] half pear, finely chopped
- [ ] dash lemon juice
- [ ] 1 fresh fig, cut into small wedges
- [ ] 3 walnut halves
- [ ] 3 glacé cherries, halved
- [ ] 2 tsp toasted, flaked almonds
- [ ] grated orange zest

Nutrition Facts

Per serving

Calories	**168**
Total fat	9 g
Saturated fat	1.2 g
Sodium	Not listed
Total carbs	17.4 g
Fiber	2.3 g
Total sugars	8 g
Protein	2.6 g

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Method

- [ ] 1 Heat the oven to 180°C/gas 4. Mix the wholemeal flour, rapeseed oil and cool water together, knead the dough a few times, roll it into a ball, cover and chill for 20 minutes.
- [ ] 2 Meanwhile, stir the vegetarian mincemeat together with the grated apple, grated carrot, sunflower seeds and mixed spice.
- [ ] 3 Roll out the chilled pastry, cut it into rounds and use them to line all 12 cups of a shallow bun tin.
- [ ] 4 Spoon the mincemeat mixture into the pastry cases until each one is three quarters full, then bake for 15 to 20 minutes and set the pies on a rack to cool.
- [ ] 5 While the pies cool, get the toppings ready: finely chop the half apple and the half pear, squeeze a dash of lemon juice over them to keep their colour, cut the fresh fig into small wedges, halve the glacé cherries, and set aside the walnut halves, toasted flaked almonds and grated orange zest.
- [ ] 6 Just before serving, dress the cooled pies with the toppings in any combination you like: a fresh fig wedge with a walnut half, a little chopped apple or pear with a glacé cherry half, or toasted flaked almonds scattered with grated orange zest.

General information, not medical advice.

Estimates vary with brands and portions.