

# Beetroot Pinwheels

Messy weaning recipes with WaterWipes  
by Natasha Corrett, Mumsknowsbest.com



100g Beetroot, grated (raw or boiled)  
60g feta 100g pre cooked puy lentils  
1 tbsp olive oil  
1 roll puff pastry  
1 tbsp flour, for rolling  
1 egg, beaten

**These are excellent for weaning especially if you are following baby led weaning as they are easy for little fingers to pick up. You can pretty much put any filling inside and are so easy to transport for lunch boxes too.**

1. Pre-heat oven to 180 degrees fan. Line baking tray with baking paper.
2. If you don't have pre-boiled beetroot, put the grated raw beetroot in 1/2 cup water in a pan and boil for 5 minutes until soft. Strain and squeeze any excess water out.
3. Put the beetroot, cooked lentils, feta, olive oil into a blender and blend until a chunky puree. Leave to cool before putting it into the pastry.
4. Lay the puff pastry out onto a floured surface. Leaving an inch around all the edges spread beetroot mixture evenly across the sheet of pastry.
5. Brush the egg around the edges. To roll the pastry start by tightly folding the long side over to create your first 'roll' then continue rolling the pastry making sure it is as tight as possible. Fold the ends over so it is secure.
6. Slice about 2cm thick the whole way round to create your pinwheels. Place each pinwheel flat down on the baking paper with about 3cm between each one as they puff up.
7. Put into the oven for 25 minutes. Take out and leave to cool. If you want to freeze them only put them into the oven for 20 minutes and when de-frosting put them in the oven from frozen and cook for 15 minutes until warmed through.

**Makes 10 pinwheels (approx 2-3 per weaning child)**