

## Terrifically Tasty Thai Tuna Peanut Pinwheels

**Yield:** 10-12 Pinwheels

**Timing:** Prep Time = 5 Minutes

**Total Time** = 25 Minutes



These protein-packed pinwheels are as much fun to make with your kids as they are to eat, and are the perfect on-the-go snack for active, growing bodies! **Spicy Thai Chili Bumble Bee tuna** provides a delicious source of omega-3s to boost brain power in the classroom, with plenty of protein to fuel every tree-climbing, pillow-fort building, and recess adventure a kid could dream of. An exotic peanut sauce blend opens a world of flavors to explore for curious palates, and a bright combination of carrots and spinach will teach your child that veggies are *anything* but boring!

### Ingredients

*\*Up to 10 ingredients (salt, pepper, spices, herbs, and water are “free” and not part of the ingredient count)*

List in order of use in common measurements.

- 1 Sheet frozen puff pastry (thawed overnight in refrigerator)
- 1 packet of **Spicy Thai Chili Bumble Bee Tuna** (2.5 oz)
- 1/2 cup Natural Peanut Butter (you can substitute Sunflower Butter for allergy needs)
- 2 TBSP Soy Sauce or Liquid Aminos
- 2 TBSP Apple Cider Vinegar
- 2 TBSP Maple Syrup (you can substitute for 2 TBSP brown sugar + 2 TBSP water)
- 1 Tsp Minced garlic or garlic powder
- 1 Tsp Lime juice
- 1/2 cup spinach, shredded gently by hand
- 1/3 cup shredded or match stick carrots

### **Optional:**

Sesame seeds for garnish

### **Method of Preparation (Instructions)**

- 1) Preheat oven to 375 degrees, and line a large baking sheet with parchment paper
- 2) Lay a large piece of plastic wrap flat on your countertop (to avoid sticking), and place your sheet of thawed puff pastry on top. Alternately, you can place directly on a floured countertop surface. Using a rolling pin, gently roll out bumps and creases from the puff pastry sheet until you reach a smooth surface.
- 3) In a separate mixing bowl, combine peanut butter, soy sauce, apple cider vinegar, maple syrup, garlic, and lime juice. Stir the mixture until it forms a smooth paste.
- 4) Gently spread the peanut butter mixture on top of your flat puff pastry until you evenly coat the surface.
- 5) Crumble the contents of your Spicy Thai Chili Bumble Bee Tuna packet evenly over the surface of your puff pastry with peanut sauce. Next, evenly sprinkle your shredded/matchstick carrots and shredded spinach over the surface. **Kids can help spread the peanut mixture and ingredients to their liking!**
- 6) Starting from a short side of the puff pastry, lift the pastry edge off of the plastic wrap and gently fold over up to 1 inch. From here, you can roll the rest of the pastry sheet over evenly to the top. Pinch edges shut.
- 7) Uses a serrated knife, cut the roll into 1 inch pinwheel pieces, and place each on your parchment paper-lined cookie sheet. If the mixture is too soft to cut, fold your plastic wrap over it and place in the freezer for 5 minutes, or until firm.
- 8) Bake pinwheels for 20 minutes, or until golden brown.
- 9) After baking, you can optionally garnish with sesame seeds. Store in a to-go container alongside your child's favorite fruit or veggies!

### **Required utensils**

- Plastic wrap
- Parchment paper
- Rolling pin
- Small mixing bowl
- Sharp cutting knife (A serrated bread knife works great)
- Baking sheet
- To-go Tupperware