

QUICK APPLE SAUCE

(BABY APPLE)

EQUIPMENT

VEGETABLE PEELER, ZIP LOCK BAG, BLENDER OR STAB MIXER

INGREDIENTS

1 GRANNY SMITH APPLE

METHOD

PEEL A GRANNY SMITH APPLE, CUT OFF THE CHEEKS AND DISCARD THE CORE. CUT THE CHEEKS INTO MEDIUM SIZE CHUNKS AND PLACE INTO THE ZIP LOCK BAG AND ROLL THE BAG UP TO REMOVE AS MUCH AIR AS POSSIBLE

PLACE IN A PRE-HEATED STEAM OVEN FOR 8 MINS @ 100 DEGREES

REMOVE FROM OVEN AND PLACE CONTENTS OF BAG INTO A JUG OR BLENDER AND BLEND UNTIL SMOOTH

SERVE WITH ROASTED PORK OR AS BABY APPLE

KEEPS FOR 3 DAYS IN THE FRIDGE

HINTS & TIPS

- IF MAKING LARGE QUANTITIES, PLACE PEELED APPLE PIECES INTO A BOWL OF WATER WITH A SQUEEZE LEMON JUICE TO PREVENT THE APPLES TURNING BROWN

- THIS MIX CAN BE FROZEN; SEAL IN AN AIRTIGHT CONTAINER BUT ENSURE THE MIX IS COOL BEFORE PLACING INTO THE FREEZER