

Apple & Cinnamon (Makes 5 portions)

Ingredients

2 apples

Apple juice/water

½ teaspoon cinnamon or a cinnamon stick

Method

- 1. Simmer the apples in the apple juice or water with the cinnamon/cinnamon stick.
- 2. Cook as per the apple recipe.
- 3. If using a cinnamon stick, remove before puréeing.