## Apple \& Cinnamon (Makes 5 portions)

## Ingredients

2 apples

Apple juice/water
$1 / 2$ 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.
