

## **Apple (Makes 4 portions)**

## Ingredients

2 medium eating apples

## Method

- 1. Peel, halve and core the apples.
- 2. Put into a saucepan with 4-5 tablespoons water.
- 3. Cover and cook over a low heat until tender, approx. 7-8 minutes.
- 4. Purée.