

## **Peaches, Apples & Pears (Makes 8 portions)**

### **Ingredients**

2 eating apples, peeled, cored & chopped

2 tablespoons of apple juice/water

2 ripe peaches, skinned and chopped

2 pears, peeled, cored and chopped

1 vanilla pod or ½ teaspoon vanilla essence (optional)

### **Method**

1. Put the chopped apple in a saucepan.
2. Split the vanilla pod with a sharp knife, scrape the seeds into the pan and add the pod/ ½ teaspoon vanilla essence and 2 tablespoons apple juice or water.
3. Simmer, covered, for about 5 minutes.
4. Add the peaches and pears and cook for 3-4 minutes more.
5. Remove the pod and purée.