



JOYOUS WAYS WITH JOYA® APPLE PURÉE – KIDS LOLLIES

Makes about 400ml purée & 14 small lollies



...for the young at heart

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PURÉE:

- 4 JOYA® apples in the skin, cored and cubed
- 15 ml (1 tbsp) lemon juice
- 60 ml (¼ cup) water
- 1 small cinnamon stick

METHOD:

1. Place all the ingredients in a pot and bring to the boil over medium heat.
2. Reduce the heat and simmer with a lid for 15 minutes or until the apples are cooked. Remove cinnamon stick.
3. Blend apples to a purée with a stick blender or in a food processor – it makes quite a thick purée.
4. Allow purée to cool down and prepare any of the ideas below. Or freeze for later use. Small cubes of apple purée are perfect to use in smoothies or to add sweetness to a mince mixture, any tomato-based sauces or one-pot dishes.

KIDS LOLLIES

Makes 14 small lollies

Add a large pinch of ground cinnamon to the purée, if preferred. Spoon apple purée into an ice cube tray, about 30 ml (2 tbsp) per cube. Place a small kebab stick or short ice cream sticks into each cube. Freeze overnight and serve as lollies to the little ones or other 'young at hearts' in the family, as a cold treat on a hot day.

**FIRM
SWEET
CRUNCHY
APPLE**

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