



Apple Compote

Makes about 130g compote (contains approximately 200 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

- 2 Granny Smith apples
- 2 tablespoons water (30g)

Method

Peel and core the apples and cut into small pieces. Place in a saucepan with the water over a low heat. Bring to a simmer and then cook over a low heat for 15-20 minutes, stirring occasionally until the apples are completely tender and can be beaten to a puree with a wooden spoon. Place in an airtight container and store in the fridge and use as required.

* Suitable for vegetarians