



Apple puree



Preparation: 15 minutes
Cooking time: 20 minutes

Ingredients for 4 people

2 deciliters	of water or sweet cider
800 grams	of apples
0-2 tablespoons	of sugar
1 dash	of lemon juice (can prevent it from turning brown)
Optional	cinnamon, vanilla or cloves

Preparation

- ① Wash, peel, core and chop the apples. (If you want, you can also add the peel to the puree. This prevents waste and is also healthy).
- ② Place everything in a pan and add 2 deciliters of water or sweet must, sugar to taste, lemon juice sugar, lemon juice and any spices such as cloves, cinnamon or vanilla sticks and bring to the boil while stirring.
- ③ Simmer over a low or medium heat for 15 minutes.
- ④ Remove the spice sticks. Now the apples can either be roughly mashed for apple compote or pureed into a puree.
- ⑤ Pour the boiling puree into sterilized containers and seal immediately. Leave to cool upside down.