



Baked Apple Sauce

You'll need:

This recipe uses only apples. It works very well with older/bruised apples. If using Bramley apples, I recommend 20g sugar per apple. There is no prep work (peeling or chopping) so can be made easily in large batches and frozen. You can top up ice cube trays and remove small amounts to avoid waste.

1. Cover a baking tray with parchment/baking paper and cover with apples. Bake in the pre-heated oven for 30-45 minutes, or until the apples become dark, soft and start to mush.
2. Remove from the oven and place into a blender hot. Blend until smooth and push through a sieve to achieve a smooth puree. If you want a sweet puree add your sugar whilst blending.

Liam's Top Tip: This sweet/tangy/ fruity puree is versatile. You can spread on a bacon or sausage sandwich, or on top of yoghurt with granola. It is a great base for a crumble or can be eaten by itself.