

Pj's Apple fruit pot

4 eating apples (any number you want – we find that 8 apples at a time is the most we cook)

Water

Method

- Peel and core the apples and slice up
- Cover the bottom of a saucepan with water (about 1 inch) and place the apples in the saucepan.
- Bring apples up to the boil and then gently simmer the apples for between 30 and 40 minutes, until they're soft.
- Allow to cool and then drain any remaining water.
- Place the apples into a liquidiser/blender and blend until smooth and creamy.
- Store in an airtight container in the fridge – it can last for about 5 days – or freeze in small portions.

We add washed strawberries, or cooked/tinned pears to the cooled apple mixture before liquidising.

We have tried blueberries but this makes a jelly like mixture which the children don't like!!