



APPLE AND RASPBERRY STEW



SERVINGS:

5



TIME:

15 MINS



DIFFICULTY:

EASY



COST:

££££

Ingredients:

- 150ml water
- 60g of raspberries (fresh or frozen)
- 1 medium apple

SCAN ME



Method:

1. Firstly, peel the apple. Then half it, slice into quarters and remove the core. Cut the quarters into cubes
2. Next add the apple cubes, the raspberries and water to a saucepan
3. Place the saucepan on the hob, medium heat and cook for around 10 minutes
4. After this time the fruit should be nice and soft
5. Remove from the heat and allow to cool
6. You can puree or mash to a texture that is suitable for little ones
7. Serve and enjoy!