

shape it

INSTANT
RECIPES

Cinnamon & APPLE BITES

Makes approx. 450 g

Ingredients

400 g canned sliced apples

2 tbsp (20 g) milk powder

$\frac{1}{3}$ cup (55 g) brown sugar

$\frac{1}{2}$ tsp vanilla extract

$\frac{1}{4}$ tsp ground cinnamon (or to taste)

6 g (6 x Scoop A) **Shape It**

Method

- 1 Prepare a container around 13 cm square by spraying it lightly with cooking spray, or lining it with cling film or baking paper; if using a food mould spray it lightly with cooking spray.
- 2 Puree the apple in a food processor until smooth, scraping down the sides as required.
- 3 Transfer the puree to a medium saucepan, add the other ingredients, bring to the boil over medium heat and simmer gently for 2 minutes.
- 4 Pour into the prepared container, press cling film lightly over the surface of the puree to cover (or the lid if using a mould that has one) and refrigerate until set.
- 5 To serve, turn out onto a cutting board, portion as desired and arrange on a plate or platter.

