**Stewed Apple**

**Ingredients**

6 Bramley cooking apples (or apples of choice, preferably organic)

Fresh filtered water to cover

2 tsp cinnamon

**Instructions**

Core the apples and chop them into small pieces with skin on (the skin is very nutritious)

Put all the ingredients in saucepan and cook for about 15-30 minutes, stirring regularly.

Cook until soft with rough shapes no longer identifiable as apple slices. The colour should be a russet brown with the cinnamon effect.

When completely soft, process the apples in a Nutribullet or blender to form a smooth puree.

This may be eaten warm or cold.

Make up ramekins and cover and put in the fridge or freezer for easy access.