



**BIOSÜDTIROL**



## **Organic Farmer Maria Serves: Applesauce.**

Preparation: 15 minutes

Difficulty: Easy

### **Ingredients (4 servings)**

- 6 Breaburn apples
- 100 ml water
- 60 g sugar
- 1 tablespoon lemon juice
- 1 strip of lemon zest
- 1 small piece of cinnamon (bark)
- 2 cloves

### **Preparation**

Peel, quarter and core the apples, and put them in a pot. Add water, sugar, lemon juice and zest, cinnamon bark and cloves. Cover and simmer for about 10 minutes until soft. Remove the spices and the lemon zest, pass the apples through a fine sieve or blend in a mixer until puréed, then serve with a smile.

### **Maria's suggestion**

Applesauce with a little lingonberry jam is considered effective in preventing the flu! Enjoy!