

THIS MONTH, IT'S ALL ABOUT APPLES

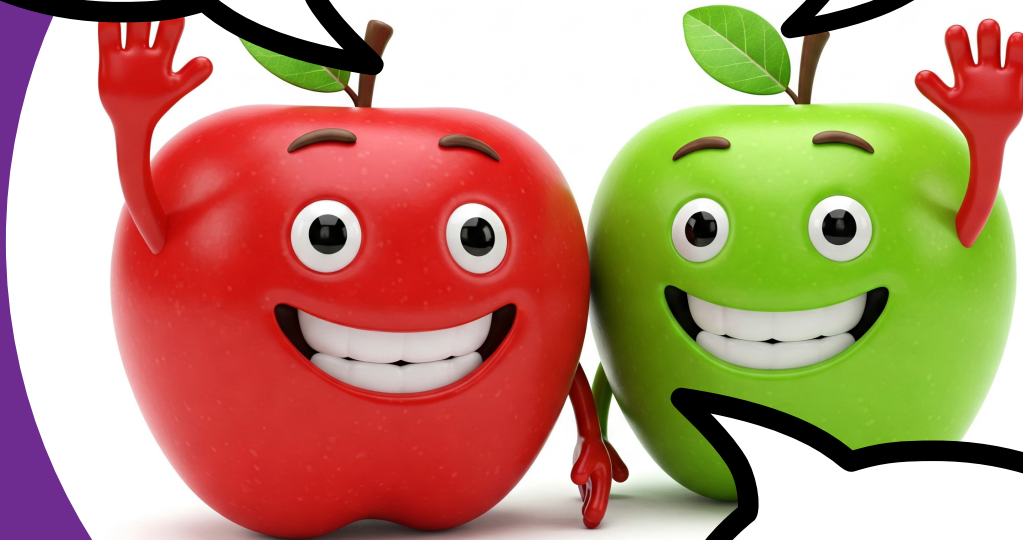
Simple, Seasonal, Sensational!

Did you know?

Apples are incredibly versatile - perfect for snacking on the go, baking into delicious desserts, or slicing into salads for a crisp, sweet touch

Why we love them

Apples are made up of about 85% water, making them not only juicy and refreshing but also a good option for staying hydrated



Fun fact

Apples float in water because they're made up of 85% air - that's why they're perfect for the game apple bobbing!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY APPLE RECIPES!

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS

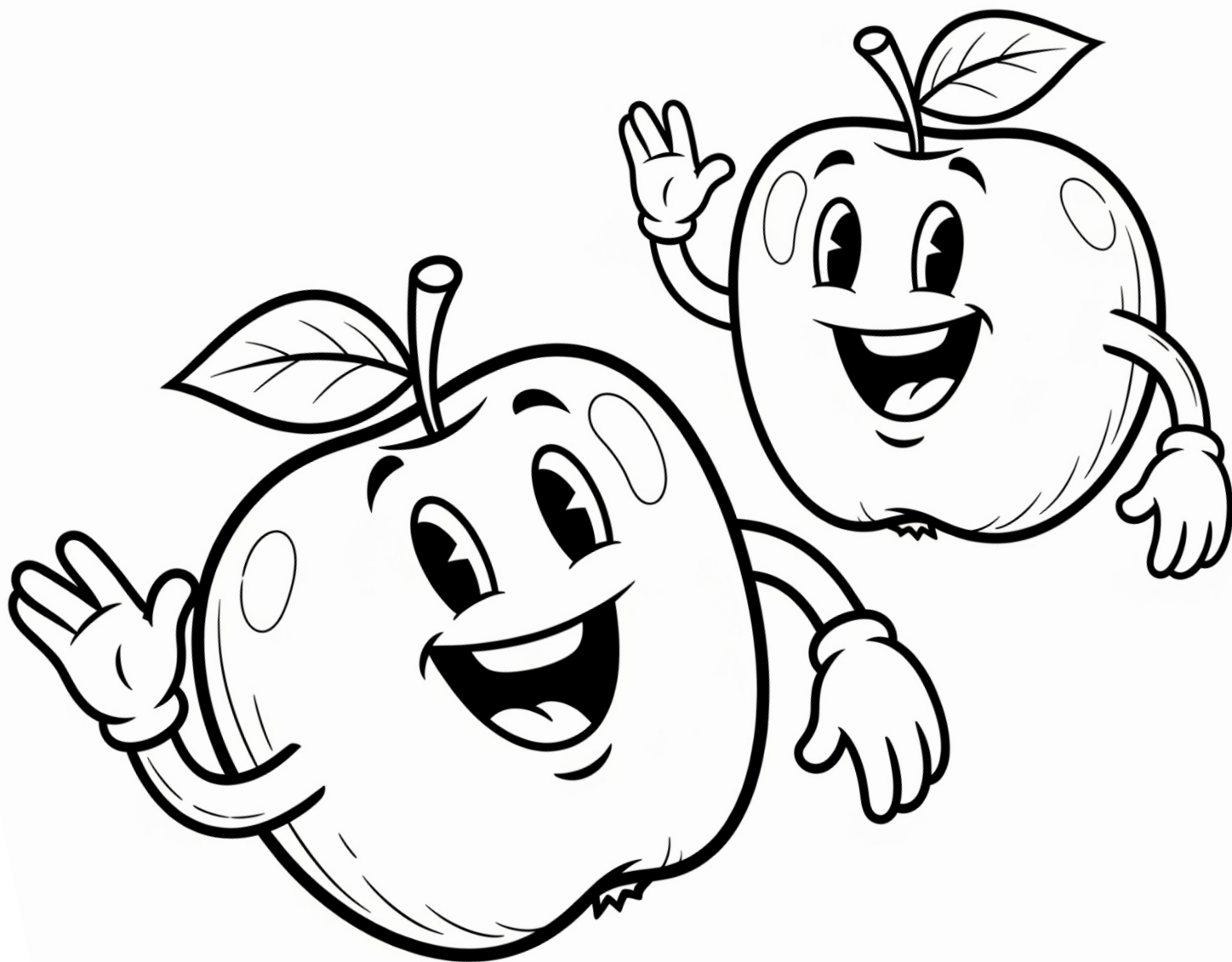


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

fresh ingredients  **fresh food**



Colour me...

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RECIPE

APPLE AND CINNAMON MUFFINS

INGREDIENTS

- Plain flour - 125g
- Baking powder - ½ tbsp
- Cinnamon - ½ tsp
- Eggs - 1
- Milk - 100ml
- Apples (peeled, grated) - 1¼ large
- Sugar - 50g
- Vegetable oil - 50ml

METHOD

1. Preheat oven to 180°C (fan). Line muffin trays with 5 cases.
2. Mix flour, baking powder, cinnamon, and sugar.
3. In a separate bowl, whisk eggs, milk, and oil. Stir in apples.
4. Combine wet and dry ingredients. Mix gently.
5. Fill cases ¾ full. Bake for 20-25 minutes until golden.

APPLE AND CHEDDAR QUESADILLAS

INGREDIENTS

- Tortilla wraps - 5
- Apples (thinly sliced) - 1¼ large
- Grated cheddar - 150g
- Mild mustard (optional) - ½ tbsp
- Butter - for frying

METHOD

1. Lay out tortillas. Spread a little mustard on half of each (optional).
2. Add apple slices and sprinkle with cheese. Fold in half.
3. Fry in butter over medium heat until golden and cheese melts.
4. Cut into wedges and serve warm.



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RECIPE

APPLE CRUMBLE POTS

INGREDIENTS

- Cooking apples - 625g
- Brown sugar - 50g
- Ground cinnamon - ½ tsp
- Plain flour - 150g
- Butter - 75g
- Oats - 50g

METHOD

1. Preheat oven to 180°C. Cook apples with half the sugar and cinnamon.
2. In a bowl, rub flour and butter into crumbs. Stir in oats and rest of sugar.
3. Divide apples into 20 small ovenproof pots. Top with crumble mix.
4. Bake for 20 minutes until golden.

APPLE AND CARROT SALAD

INGREDIENTS

- Apples (grated) - 2½
- Carrots (grated) - 2½ large
- Sultanas - 75g
- Lemon juice - 25ml
- Natural yoghurt - 100ml
- Honey - 1 tbsp

METHOD

1. Mix apples, carrots, and sultanas in a bowl.
2. In another bowl, whisk lemon juice, yoghurt, and honey.
3. Stir dressing into the salad.



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RECIPE

MINI APPLE TURNOVERS

INGREDIENTS

- Puff pastry - 625g
- Apples (peeled and chopped) - 500g
- Sugar - 50g
- Cinnamon - ½ tsp
- Egg - ½ (use 1 small egg or beat and use part)

METHOD

1. Preheat oven to 200°C. Cook apples with sugar and cinnamon until soft.
2. Cut pastry into 5 or 6 squares. Spoon apple mix into centres.
3. Fold into triangles, seal edges, and brush with egg.
4. Bake for 20-25 minutes until puffed and golden.

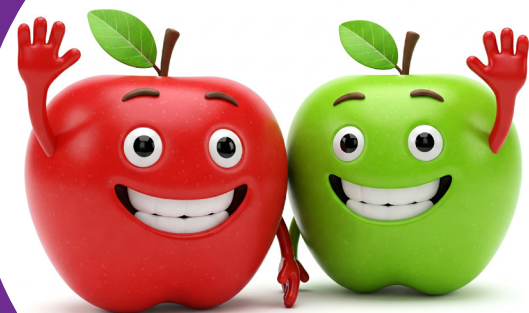
BAKED APPLE RINGS WITH YOGHURT DIP

INGREDIENTS

- Apples - 2½ large
- Cinnamon - ½ tsp
- Honey - 1 tbsp
- Greek yoghurt - 125ml
- Vanilla extract - ½ tsp

METHOD

1. Preheat oven to 180°C. Arrange apple rings on baking trays.
2. Drizzle with honey and sprinkle with cinnamon.
3. Bake for 20 minutes until soft and golden.
4. Mix yoghurt with vanilla for dipping.



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