

BOREDOM BUSTERS



STEWED FRUIT

INGREDIENTS:

- Fruit (ideal fruits include apple, pear, rhubarb)
- Cinnamon/ nutmeg (optional)

EQUIPMENT:

- Sharp knife
- Chopping board
- Small pot
- Fork
- Air tight container

METHOD:

1. Peel and chop the fruit into small cubes
2. Place into a pot and just cover with cold water.
3. Add spices (if desired) and heat on a medium stovetop
4. Stir occasionally, until soft
5. Turn off heat and mash with a fork
6. Let cool, then place into an airtight container.

TIPS AND STORAGE:

- Store in an air-tight container in the fridge for up to 7 days.
- Tiarna's tips: place into an ice tray and pop out portions when needed. Add to oats, yoghurt, or make your own fruit crumble.

