

CRUNCHY SPICY APPLE

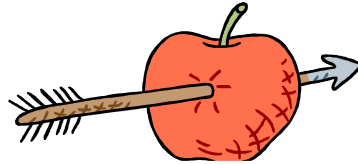
INGREDIENTS

1Kg cooking apples
50g sugar
1/2 tsp mixed spice
1 level tbsp golden syrup
25g rice crispies or cornflakes
25g margarine

**BRING A PLASTIC BOWL OR TUB
(NOT GLASS)**

METHOD

1. Core and peel the apple , cut into quarters. (Remember TRAINS and TUNNELS)
2. Put the apple into the saucepan with 3 tbsp of water, cover with the lid and cook GENTLY for 5-10 minutes until soft and fluffy , or cook in the microwave for 2 minutes.
3. Stir in the sugar and spice and pile into the bowl.
4. Put the syrup and margarine in the small saucepan melt GENTLY. Stir with a wooden spoon.
5. Remove from the heat, add the crispies stir gently using the tablespoon until well coated.
6. Spoon the crispies over the apples carefully.



UTENSILS

vegetable knife
potato peeler
chopping board
saucepan/lid
wooden spoon
tablespoon
small saucepan
pot stand

