

APPLESAUCE WITH CINNAMON & LEMON ZEST

INGREDIENTS

(Makes 8 oz.)

1 large apple
1/2 cinnamon stick
1 piece of lemon zest

DIRECTIONS

Using Beaba babycook:

1. Peel and roughly dice 1 large apple.
2. Add 1/2 c. of water to Beaba babycook steamer.
3. Fill apple to the brim of the steamer basket. Apples shrink when cooked.
4. Add cinnamon stick and lemon zest to basket.
5. Steam
6. Remove cinnamon stick and lemon zest and set aside the steaming liquid.
7. Puree until desired texture. If needed, add some steaming liquid to thin out consistency.

USING STEAMING BASKET AND BLENDER

1. Peel and roughly dice 1 large apple.
2. Bring 1 1/2 c. of water to boil in a pot and reduce heat to simmer.
3. Add the apples, cinnamon, and lemon zest to steamer basket and steam for 10 min or until tender.
4. Remove the cinnamon and lemon zest and place the apples in a blender. Puree until desired consistency. Add some steaming liquid to thin consistency if needed.