



Apple Sauce

Servings: 6

Prep Time: 10min

Cook Time: 20min

Ingredients

- 3 Granny Smith apples; peeled and cored
- 3 Golden Delicious apples; peeled and cored
- 1 knob ginger; peeled and sliced
- ⅓ cup (80 ml) castor sugar
- Whipped cream or yoghurt; to serve
- Toasted pecan nuts; to serve
- Maple syrup; to serve

Directions

1. Place all the ingredients in a pan and then cover with a lid. Place the pan over a low heat and allow it to simmer, stirring occasionally, for about 20 min., until the apples break down into a puree. Blend until smooth.
2. Serve pancakes with apple sauce, whipped cream or yoghurt and chopped nuts.