

# Recipe: Apple juice

MAKES ABOUT 2.5 LITRES



## YOU'LL NEED

- about 2 kg apples
- water for cooking
- optional: lemon or cinnamon
- optional: water to dilute

## LET'S MAKE IT

- 1 Wash the apples. Grown-ups peel, core and quarter them.
- 2 Put them into a pot of boiling water and cook over medium heat for about 25 minutes until soft.
- 3 Press the soft apples through a jelly bag or cheesecloth.
- 4 Let the juice cool, then add lemon or cinnamon if you like and dilute with water.



### Little jobs for kids

Wash and count the apples, then help decide.

### Kitchen teamwork

Knives, boiling water, the pot and hot straining are jobs for grown-ups.



Watch Fox and Sheep make their apple juice on YouTube.

