

Apple Slices Three Ways

Season: Autumn
Serves: 24 slices

Fresh from the garden: apples, lemon, mint

Part of our no-cook series for early childhood, this recipe combines apple and lemon with different toppings for three delicious taste sensations. Why not also experiment with different types of apples in season?

Instructions are to the educator, with steps in blue showing where children may be able to participate, depending on their skill level as assessed by the educator. **Note: This recipe is not suitable for children under 12 months due to the use of raw apple and coconut.**

EQUIPMENT

measuring cups
tea towel
chopping board
cook's knife (for educator)
children's knife (for kinder children)
juicer
scissors (optional)
bowls
spoon

INGREDIENTS

3 apples, cored and cut into cheeks
2 lemons, halved
handful of mint leaves
powdered cinnamon (in a spice jar shaker)
¼ cup desiccated coconut (in a shaker with large holes or in a bowl)

WHAT TO DO

- Start by placing the tea towel under the chopping board to prevent slipping.

Toddlers (12 months and over)

- Cut the apple cheeks into slices.

- Ask the children to push down on the lemon on the juicer and squeeze to juice it, then pour the juice into a bowl. The educator can assist depending on skill level.
- Ask the children to cut the mint leaves with scissors or rip them into pieces, and place in a bowl.
- Ask the children to dip the apple in the juice and try it three ways: spoon over the mint, shake over the cinnamon or spoon over the coconut. Or try all three toppings at once!

3 years to kinder

- Ask the children to cut the apple cheeks into slices on the chopping board, using the children's knife.
- Ask the children to push down on the lemon on the juicer and squeeze to juice it, then pour the juice into a bowl.
- Ask the children to cut the mint leaves with scissors or rip them into pieces, and place in a bowl.
- Ask the children to dip the apple in the juice and try it three ways: spoon over the mint, shake over the cinnamon or spoon over the coconut. Or try all three toppings at once!