

Blemished & Bruised Apples

In honor of Earth Day 2018, we want to share ways that will help keep our Earth clean, like repurposing bruised/blemished produce that are perfectly safe and healthy to eat and would otherwise be thrown into our landfills.

Apple Sauce



Apple Peel and Core Tea



Ingredients

- 4 bruised apples
- 1/2 teaspoon cinnamon
- 2-3 tablespoons sugar
*(*depends on sweetness of apples)*
- 3/4 cup water

Directions

1. Peel the apples, remove the stems and cores
2. In a saucepan, combine apples, water, sugar and cinnamon
3. Cover, and cook over medium heat for 15-20 minutes, or until apples are soft
4. Allow to cool, then mash with a fork or potato masher.

Ingredients

- 4 apple peels/apple cores
- 3 cups water
- 1/2 teaspoon cinnamon (or 1 cinnamon stick)
- 1-2 tablespoon honey
- *Optional: 2 teaspoons lemon juice*

Directions

1. Place apple peels in a sauce pan or pot. Cover with water, lemon juice (optional), and cinnamon.
2. Bring to a boil for 10-15 minutes, until liquid is colorful and apple.
3. Strain out apple peels using a colander or lid. Add honey. Add additional honey or cinnamon to taste.

Original recipe and images from online cookbook titled “Amazing Waste”:

<http://www.gibbs-lab.com/wp-content/uploads/2016/05/Cookbook050516.pdf>

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Apple Sauce



Apple Peel and Core Tea



Ingredients

- 4 bruised apples
- 1/2 teaspoon cinnamon
- 1/4 cup sugar
- 3/4 cup water

Ingredients

- 6 apple peels/apple cores
- 3-4 cup water
- 1/2 teaspoon cinnamon (or 1 cinnamon stick)
- 1 tablespoon honey
- *Optional: 1 tablespoon lemon juice*

Directions

1. Peel the apples, remove the stems and cores
2. In a saucepan, combine apples, water, sugar and cinnamon
3. Cover, and cook over medium heat for 15-20 minutes, or until apples are soft
4. Allow to cool, then mash with a fork or potato masher.

Directions

1. Place apple peels in a sauce pan or pot. Cover with water, lemon juice (optional), and cinnamon.
2. Bring to a boil for 10-15 minutes, until liquid is colorful and apple.
3. Strain out apple peels using a colander positioned over a large bowl or you can pick out the peels. Add honey. Add additional honey or cinnamon to taste.

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