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**

**Ingredients**
- 4 bruised apples
- ½ teaspoon cinnamon
- 2-3 tablespoons sugar
  (*depends on sweetness of apples*)
- ¾ 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.

**Apple Peel and Core Tea**

**Ingredients**
- 4 apple peels/apple cores
- 3 cups water
- ½ teaspoon cinnamon (or 1 cinnamon stick)
- 1-2 tablespoon honey
- Optional: 2 teaspoons lemon juice

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

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Apple Sauce

Ingredients

- 4 bruised apples
- ½ teaspoon cinnamon
- ¼ cup sugar
- ¾ 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.


Apple Peel and Core Tea

Ingredients

- 6 apple peels/apple cores
- 3-4 cup water
- ½ teaspoon cinnamon (or 1 cinnamon stick)
- 1 tablespoon honey
- Optional: 1 tablespoon 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 appley.
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.