

Season: Year round
From the garden: Apples
Type: Snack
Difficulty: Easy
Serves: 30 small tastes (25-30 rings)
Source: Alba Micheli, Kitchen Specialist, Cashmere Primary Te Pae Kererū

Equipment

- ☐ Chef's knife
- ☐ Chopping board
- ☐ Clean tea towel
- ☐ Small mixing bowls
- ☐ Teaspoons
- ☐ Measuring cups
- ☐ Small cookie cutter or apple corer
- ☐ Serving platter

Ingredients

- ☐ 5-6 medium apples
 - ☐ 1 cup of natural honey
 - ☐ 1 lemon
 - ☐ 1 cup desiccated coconut
 - ☐ 1 cup mixed seeds (poppy, sesame, sunflower, pumpkin).
 - ☐ Optional 1 cup of raisins, currants or craisins
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How to make it

1. Carefully slice the top and bottom from each apple and place offcuts in the scrap bin for compost or chickens. Slice the remaining apple into thin circles about 1cm thick. Caution – this can be a bit tricky if apples are big or hard. Ask an adult to help you.
2. With a small round cookie cutter or apple corer cut a hole in the centre to remove seeds and core and place offcuts in the scrap bin for compost. Place apple rings on serving platter.
3. Cut lemon into quarters and rub the cut lemon over the apple rings. This will prevent the apples from browning.
4. Dip a teaspoon into honey then drizzle over each ring.
5. Combine seeds in a small bowl then sprinkle over honeyed apple rings. Top with raisins if desired.
6. Serve and enjoy. They are super yummy!

Notes:

- ☐ If children are finding the chopping and slicing of apples too hard you can cut apples in half and slice semi circles. Place apple halves together then use a cookie cutter to make the hole as per the recipe. Alternatively serve apple slices with the honey and seed topping.
- ☐ You can vary toppings to what you have at hand and experiment with toasting nuts, seeds and coconut.
- ☐ You can substitute honey with brown rice, maple and date syrup.

Skills:

- ☐ Slice, drizzle*, sprinkle, mix

* Drizzle: trickle a thin stream of a liquid ingredient over food