



## JOYA® apple nut butter

Makes 500ml jar



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### Ingredients:

- 6-8 Joya apples, cubed
- Juice of 1 lemon
- ½ cup water
- 1 tsp vanilla essence
- ¼ cup brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Handful of mixed nuts, chopped (macadamia, almond and pecans work well).

### METHOD:

1. Place apples, lemon juice, water, vanilla, brown sugar and spices into a saucepan over medium heat.
2. Simmer gently for about 25-30 minutes, stirring often until soft. Cool slightly.
3. Place apple mixture into a blender and add nuts.
4. Blitz until smooth and transfer to a clean jar.
5. Serve lathered on toast or swirled through oats for a quick breakfast on the go.