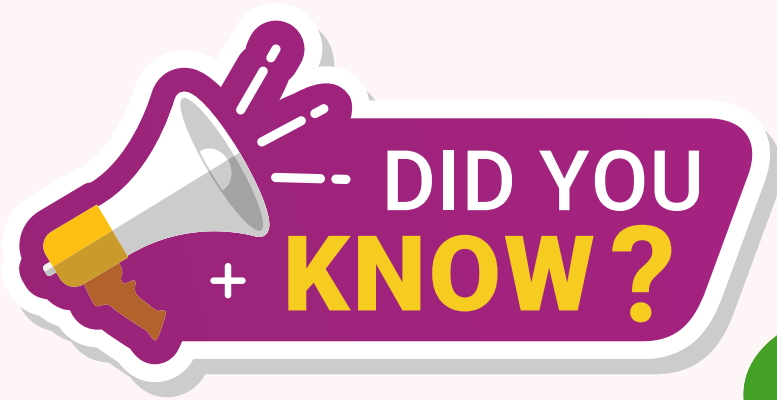




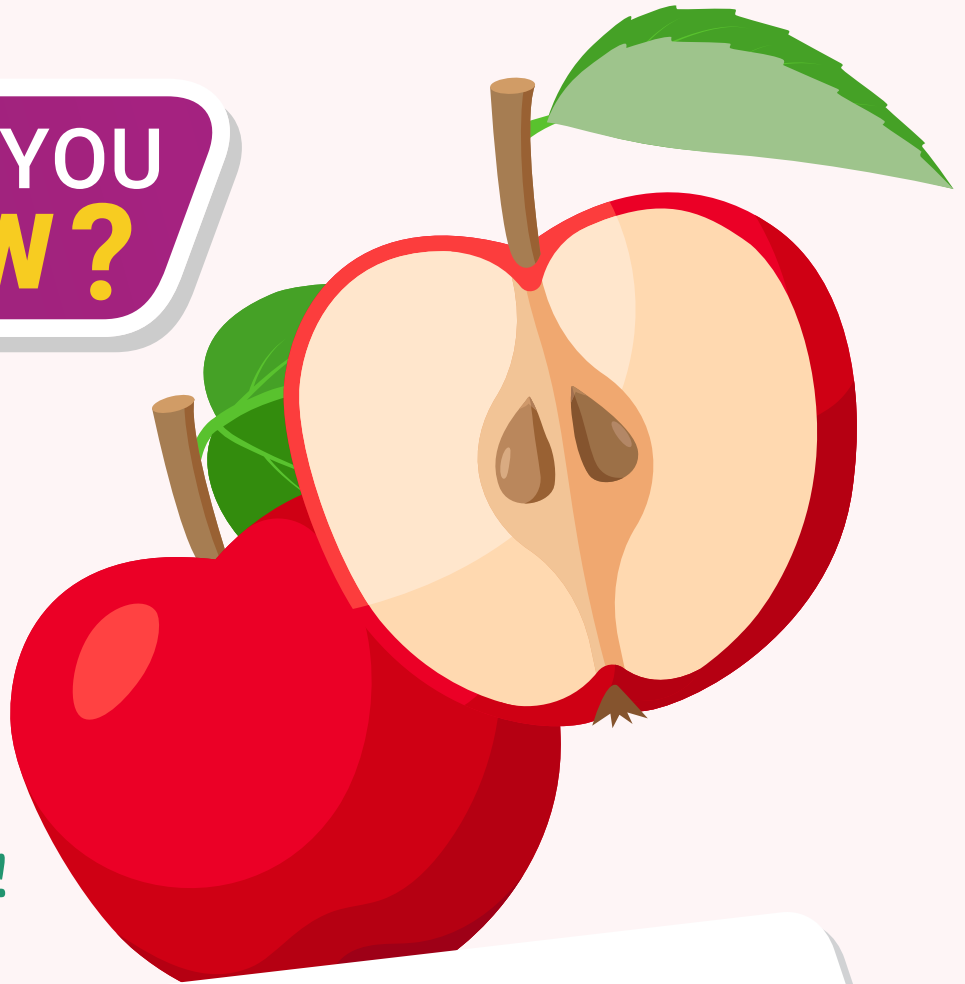
Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -



DID YOU
+ KNOW?

Apple trees grow very slowly, it can take up to 10 years for them to start producing fruit!



What's grown in November?

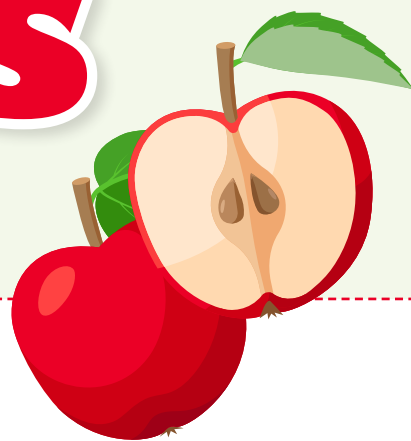
APPLES





APPLES

Try out these recipes!



Cinnamon Apple Pinwheels

Makes 10

Contains: Gluten, Milk

Ingredients:

- 1 sheet (24cm x 24cm) puff pastry
- 1 teaspoon ground cinnamon
- 2 tablespoons soft brown sugar
- 1 cooking apple

Method:

1. Preheat oven to 200°C
2. Defrost the pastry and place it on a baking tray lined with baking paper
3. Peel and core the apple and cut into small dice
4. Mix with the cinnamon and sugar
5. Top the pastry with the apple mix and spread until the sheet is covered with the apple mix
6. Slowly roll the pastry from the end nearest to you and keep rolling forward reasonably firmly until you have come to the end of the roll
7. Cover in cling film and chill for 30 minutes
8. Trim the ends with a sharp knife and discard
9. Slice each pinwheel approximately 1cm in width and place sideways on the tray.
10. Bake for 12-15 minutes or until golden brown

Cheese, Apple and Sage Tarts

Makes 10

Contains: Gluten, Milk, Egg

Ingredients:

- 2 cups / 500g self-raising flour
- 5 medium eggs
- 2 teaspoons tap water
- 2 tablespoons olive oil
- 2 large onions (peeled and sliced)
- 1 tablespoon light soft brown sugar
- 150g grated mild cheddar
- 5 green apples (peeled, cored and sliced)
- ½ teaspoon dried sage

Method:

1. Preheat the oven to 200°C
2. To make the pastry, place the flour and stork into a food processor and pulse until the mixture resembles breadcrumbs
3. Add the egg and pulse again to combine
4. Add enough water to make the mixture come together into a dough
5. Turn the dough out onto a floured surface and lightly knead for 2 minutes
6. Roll the dough out and cut into 10 squares or circles roughly ½cm, thick
7. Heat the oil in a pan and gently fry the sliced onion with the sugar over a medium heat until softened and slightly caramelised
8. Sprinkle the onion mixture over the tart bases, along with the grated cheese and the apple slices, and sprinkle with sage
9. Place the tarts onto a baking sheet and bake in the oven for ten minutes, or until golden-brown
10. Allow to cool slightly and serve

Compared to an average packed lunch an Accent school meal contains:

15% LESS 
SATURATED FAT

 **2x**
THE FIBRE

 **46% LESS**
SALT

1/2 
THE FREE SUGARS





Seasonally Fresh

This month we're celebrating apples being in season, and we can't wait for you to try our delicious new recipes! With perfectly picked ingredients, we've added two exciting dishes to our menu: Cinnamon Apple Pinwheels and Cheese, Apple and Sage tarts.

Apples are rich in fibre and vitamin C, making them a great choice for boosting your immune system. While the saying "an apple a day keeps the doctor away" might be a bit of an exaggeration, regularly enjoying apples will certainly contribute to your overall well-being. Savour the natural sweetness, knowing it's as beneficial as it is delicious!

Winter Wonderland coming soon!

JOIN US IN DECEMBER!

This holiday season, we are excited to share a variety of delicious Christmas recipes and festive food ideas that will make celebrations magical! Whether it's classic dishes or delightful desserts, there's something here to bring joy to gatherings and warmth to the table.

Did you know that in the 16th century, it was a tradition to decorate Christmas trees with apples!



WORD SEARCH:

- Apple
- Orchard
- Tree
- Core
- Juice
- Red

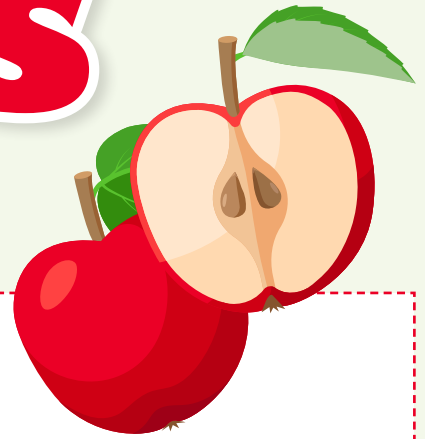
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R	N	D	R	E	P	G	N	W	M
E	I	Z	D	A	A	P	P	L	E





APPLES

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