

# Apple mousse. A way to get more fruit and less sugar in the diet.

**Apple mousse has many uses, and some most of us have never heard of. Did you know, for example, that apple sauce can replace fats in baked goods and make them less caloric? In order to ensure that the apple mousse meets our expectations, it is best to make it at home or by buying a ready-made product - read the labels carefully. The best mousses are made from Polish apples and are not sweetened.**

## Lunch or a healthy snack for adults

A cup of unsweetened apple mousse contains about 100 kcal, which is the amount of an average filling snack. In combination with, for example, a handful of almonds, pistachios, raisins, a tablespoon of peanut butter or a slice of whole grain bread, it will provide a balanced, small meal rich in protein, carbohydrates and healthy fats. In addition, it will allow you to increase the share of fiber in meals.

## Addition to cakes

Apple mousse can also be a good ingredient in low-calorie sweet pastries. Researchers at the University of Nebraska recommend replacing half of the cake recipes with margarine, butter, shortening or oil for applesauce. The finished baking will have a delicate, crispy texture and a slightly sweeter taste, and the fiber contained in the fruit will reduce the caloric content of such a dessert.

## Snack for children

Apple mousse is also an excellent snack for children from 6 months of age. The mousse is an easily digestible product and its consistency does not require chewing or biting. It can be served separately or with the addition of yoghurt or porridge with milk. For people who pay special attention to the aspect of environmental protection, it is worth recommending reusable packaging. Easy to fill, wash and reuse, the tubes mean that homemade applesauce can always be at hand.

## Jars

A good idea for busy people is to prepare preserves with mousse in the fall, when Polish apples of different varieties are the most numerous and the cheapest. In this form, apple mousse can be added to sweet pastries, but also to savory dishes. A roast

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pork glazed with apple mousse or confit goose thigh with applesauce and cranberries will be an exquisite proposition for a festive dinner.

## Chutney

Chutney based on applesauce. Chutney is a type of spicy sauce served with meat, fish, grilled dishes as well as cheese and snacks. The sauce is made of apples, onions, peppers, chili, sugar, apple cider vinegar, vermouth, raisins and spices (allspice, cardamom, cloves, pepper and ginger).

The ingredients are cut into thick cubes and then cooked, covered, for about 40 minutes. Then, the resulting sauce is portioned into small jars and then pasteurized. The finished supplement is served cold.

## Apple mousse jellies

This is quite an unusual idea for the use of applesauce. Due to the high content of gelling substances (pectins), apple sauce can turn into a delicious jelly. It is enough to spread the blended apples in a thin layer on baking paper and dry for a few hours in the oven at 50-70C. Then the whole thing should be cut into narrow strips and rolled into rolls.

Another version of the apple mousse jelly is the one with the addition of gelatin. The cooled, well-blended apple mousse is mixed with a tablespoon of gelatin dissolved in a small amount of apple juice. The whole thing should be mixed and poured in a thin layer into a form lined with baking paper. After a few hours in the refrigerator, a plastic base for cold cakes and desserts is obtained.

To make fresh applesauce, you need whole apples and water (possibly juice or cider). Sugar is an optional ingredient. So that the mass does not darken, squeezed lemon juice is added. For variety, season the mousse with cinnamon, clove, vanilla or ginger. To enrich the taste, other fruits are often added to the apple mousse, e.g. seasonal berries with a sour taste - chokeberry, currants, cranberries or blueberries will break the sweetness of apples and give the mass a beautiful, intense color.

The preparation of the applesauce begins with washing, hollowing and slicing the apples. Some recipes suggest peeling them, but you don't have to. In a large saucepan, fruit and a few tablespoons of water (or juice / cider) are brought to the boil. Then it is covered and boiled until tender, about half an hour. The resulting mass is mixed with a blender or a food processor.

The article was written as part of the CuTE campaign: Cultivating the taste of Europe. More information about the campaign is available on the official website of the project, also in Polish: <https://www.fruitvegetableseurope.eu> and on Facebook <https://www.facebook.com/CultivatingtheTasteofEurope> and Instagram <https://www.instagram.com/fruitvegetableseurope/>.

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