



Pam's Maple Apple Soup

Ingredients (makes 6 servings)

- 16 Granny Smith Apples, peeled, cored & chopped
 - 5 cups of cold water
 - ½ tbsp of lemon peel, grated
 - 1 inch cinnamon stick, wrapped in cheese cloth
 - ¼ cup of NH Maple Syrup
 - 1 tbsp of arrowroot
 - 1 tbsp lemon juice
 - ¼ cup of white wine
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Preparation

Place apples, water, lemon peel, cinnamon and maple syrup in a stock pot or crock-pot. Simmer until apples are tender. Remove cinnamon, puree mixture in a blender and return to pot. Remove 1 cup of liquid and combine it with arrowroot in a separate bowl. Stir until thickened and return to the rest of the soup mixture. Add lemon juice and wine and heat slowly. Stir frequently. Once fully heated, dish and serve with a spoonful of sour cream (optional) in each bowl.



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