

# *Munthari and apple sauce*

*500g munthari berries  
1 ½ kg green apples diced  
1 ½ cups brown sugar  
1 tablespoon olive oil  
1/3 cup vinegar  
2 bay leaves  
3 cups water*

## *Method*

*Boil the berries until cooked / strain. Place water, sugars, and white wine vinegar, oil salt and pepper in saucepan slowly stir until sugar is dissolved and then add apple cook. Then blend apples and add berries.*