

The logo is a blue circular emblem with a scalloped edge. At the top, it says "Jazz Carlin's" in white. In the center, the word "JAZZ" is written in large, bold, white letters, with a stylized green and white striped apple slice integrated into the letter "J". Below "JAZZ", the word "APPLE" is written in green. At the bottom, "Recipe Book" is written in white.

Jazz Carlin's  
**JAZZ**  
APPLE  
Recipe Book

A hand is shown dipping a golden-brown, crescent-shaped empanada into a small bowl of white, creamy sauce. The empanada has a slightly textured surface.

Mini JAZZ™ Apple Empanadas, page 10

A large, round crumble pie sits on a dark blue plate. It is topped with three scoops of vanilla ice cream, a generous drizzle of red strawberry sauce, and fresh strawberries. The crumble base is golden brown and textured.

JAZZ™ Apple Summer Pizza Pie Crumble, page 20

A young woman with long brown hair is smiling. She is wearing a white t-shirt that features the Rio 2016 Olympic logo on the left chest.

**10 MOUTH-WATERING RECIPES TO TRY**  
In collaboration with Double Olympic Medal swimmer Jazz Carlin



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Jazz Carlin



## Hello and welcome to our latest JAZZ™ Apple recipe book,

This edition is even more special than usual as we've collaborated with our fabulous ambassador Jazz Carlin to create ten, medal-worthy recipes that not only taste out of this world but will also keep you fuelled for longer when getting active!

Jazz is a former GB swimmer and won Double Olympic Silver at the Rio Games so definitely knows a thing or two about how an athlete should eat and treat themselves. Since retiring from the sport, Jazz is now a motivational speaker, media personality and also runs her own 'Swim With Jazz' programme, where she passes on her knowledge and expertise to the next generation of young swimmers.

Jazz understands the importance of a healthy and balanced diet through years of strict training but regardless of this has always been a big fan of a juicy JAZZ™ Apple for that refreshing lift when low on energy. She's also been experimenting lots in the kitchen about how she can incorporate her favourite apple in to her favourite recipes so this recipe book features all her treasured dishes.

There's a dreamy smoothie bowl for the ultimate breakfast or brunch, a vibrant summer salad packed with goodness, and a simple but exceedingly tasty no bake apple and raspberry cheesecake that will leave your friends and family begging for more.

As always, we love to see when you've created any of the recipes from our book so make sure you tag in the JAZZ™ Apple UK social media pages and Jazz Carlin so we can see!

Warm wishes

**JAZZ™ Apple UK Team**

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JAZZ™ Apple & Sweet Potato Chickpea Tagine, page 14





# JAZZ™ Apple & Sweet Potato Smoothie Bowl

## Ingredients

Serves 1

2 JAZZ™ Apples (one for the blender and one for serving)

Half a medium-sized sweet potato (steamed and then frozen)

Half a cup of frozen raspberries

1 avocado

Half a cup of oats

50ml water (or more for a runnier consistency)

Fresh berries, nuts

## Method

Place all of the ingredients into the blender and blitz until smooth and creamy.

For a runnier consistency, just add extra water or even a milk of your choice.

Pour into the bowl and then decorate with small JAZZ™ apple cubes, fresh berries and nuts of your choice.





# JAZZ™ Apple, Oat & Nut Bars

## Ingredients

*Makes around 8-10 bars*

1 JAZZ™ apple (diced into small pieces and baked on the lowest oven setting for 30 mins or use a dehydrator)

1 cup Medjool dates (soaked in water and roughly chopped)

1 cup cashews

½ cup oats

¼ cup peanut butter

¼ cup agave syrup

## Method

Add all the ingredients to a food processor and blitz.

Press down into your biscuit moulds and refrigerate overnight.

Cut into bars and enjoy!





# JAZZ™ Apple & Raspberry Scones

## Ingredients

Makes 6-8 scones

1 JAZZ™ apple, cored and finely diced

225g/8oz self-raising flour

50g/2oz butter, at room temperature, plus extra for greasing

4 tbsp golden caster sugar

50g raspberries, finely chopped

125ml/4 1/2fl oz milk

1 egg, beaten

Fresh strawberries and clotted cream, to serve

## Method

Preheat the oven to 180°C, fan 160°C, gas 4. Lightly grease a baking tray with the extra butter and set aside.

Add the flour and butter to a bowl and using your fingers, rub together until you have a breadcrumb-like consistency.

Next, add in the sugar, the diced apples, chopped raspberries and stir to combine. Pour in the milk and bring together again until it starts to look like a dough.

Fold the dough over a few times so everything has been well combined, and then split the dough into rounds approximately 3cm/4in deep. Place the scones on the prepared baking tray and brush each one with beaten egg to glaze.

Bake in the preheated oven for 20 minutes. When cooked, remove from the oven and cool on a wire rack. Serve split in half and topped with clotted cream and a few fresh strawberries.







# Mini JAZZ™ Apple Empanadas

## Ingredients

Makes 12

- 1 JAZZ™ apple (finely diced)
- 300g pork steaks/pork tenderloin (thinly sliced into strips)
- 1 x 320g pack ready rolled shortcrust pastry
- 1 red onion (diced)
- 1 red pepper (thin strips)
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp cumin
- Bunch of coriander (finely chopped)
- A splash of olive oil

## Method

Add the pork strips to a bowl followed by the olive oil, spices and herbs and rub in well. Leave for a couple of hours to marinate.

In a pan fry the onion, the pepper and the JAZZ™ apple for 3-4 mins. Take out and put to one side.

In the same pan, add in the marinated pork and fry for 2 mins until sealed.

Throw the pepper, onion and JAZZ™ apple mixture back in, combine, take off the heat and add the coriander.

Cut discs from the pastry (approx. 10cm diameter and 2mm thick).

Egg wash the edges and then place about a tbsp of the mixture in the middle, fold over and gently press the edges together. Using a fork, press down to lock in place to ensure a good seal.

Egg wash and bake in a pre-heated oven for 20 minutes at 180°C until golden brown.





# JAZZ™ Apple Summer Salad

## Ingredients

Serves 1-2

- 2 JAZZ™ apples (1 1/2 diced into small cubes, the remaining 1/2 and the core juiced for the dressing)
- 200g/7oz cooked Puy lentils
- 50g/2oz pomegranate seeds
- 2 spring onions, trimmed and sliced into thin discs
- A handful of fresh mint and fresh parsley
- 1 clove garlic, minced

## For the dressing

- 2 tbsp JAZZ™ apple juice
- 2 tbsp olive oil
- 4 tsp apple cider vinegar
- Salt and black pepper
- 1 tsp sugar

## Method

Mix all the dressing ingredients together and set aside.

Put all the salad ingredients into a bowl, toss gently to combine and then pour over the dressing and toss lightly to coat before serving.





# JAZZ™ Apple & Sweet Potato Chickpea Tagine

## Ingredients

(Serves 3-4)

- 2 JAZZ™ apples, cored and diced
- A glug of olive oil
- 1 red onion, peeled and diced
- 1 tsp ground cinnamon
- ½ tsp ground coriander
- ½ tsp cumin
- 1 tsp sweet smoked paprika
- 1 tbsp harissa paste
- 1 large sweet potato, cut into small pieces
- 1 aubergine, cut into small cubes
- 1 carrot, diced
- 1 x 410g tin of chickpeas, drained
- 1 x 410g tin of chopped tomatoes
- 250ml/9fl oz vegetable stock
- Salt and black pepper
- Freshly chopped parsley
- Couscous and flatbreads and dips of your choice, to serve

## Method

Preheat the oven to 150°C, fan 130°C, gas 2.

Heat the olive oil in an ovenproof lidded casserole, add the diced onion and cook for 3-4 minutes until beginning to soften.

Add the spices, stir and then add the harissa paste and cook for 2 minutes more.

Stir in the sweet potato, aubergine, carrot, apple, drained chickpeas, chopped tomatoes and stock, give one final stir, season with salt and pepper then cover with a lid and transfer to the oven and cook for 2 hours.

When cooked, served the tagine heaped into warmed bowls, sprinkled with chopped parsley with the couscous, flatbread and dips to accompany.





# JAZZ™ Apple Fried Rice

## Ingredients

Serves 1-2

1 JAZZ™ apple, cored and cut into small cubes

½ cup 100g/4oz hazelnuts

Vegetable oil for cooking

1 red onion, peeled and finely diced

1 stalk celery, trimmed and finely diced

Small thumb of fresh root ginger, peeled and sliced into matchsticks

1 red pepper, deseeded and finely diced

2 tbsp soy sauce

A splash of water

2 cups 500g/1lb 2oz leftover cooked rice

## Method

First make the rice. Dry fry the hazelnuts to lightly toast them all over, then remove from the pan and set to one side.

Add a glug of oil to the same pan, add the onions and cook for 2 minutes until beginning to soften. Stir in the celery, ginger, pepper and fry for a further 2 minutes then add the apple and cook for 3 minutes more.

Add in the soy sauce and a splash of water along with the rice, give it one final stir and cook for 5 minutes until the rice is heated through. Serve simply with the toasted hazelnuts scattered over the top or alongside the sizzling stir fry.





# JAZZ™ Apple Summer Stir Fry

## Ingredients

Serves 1-2

- 1 JAZZ™ apple, grated
- 2-3 spring onions, trimmed and chopped into 2cm/3/4in pieces
- 1 red chilli, finely diced
- 8 Tenderstem Broccoli spears, sliced in half lengthways
- 1 yellow pepper, deseeded and finely diced
- 1 courgette, sliced into ribbons
- 1 clove garlic, crushed
- Small thumb of fresh root ginger, minced or grated
- 2 tbsp hoisin sauce
- A handful of fresh chopped coriander, to serve

## Method

Add a glug of oil to a frying pan until sizzling then add the spring onions, chilli, broccoli and pepper and cook for 4 minutes. Add the courgette, garlic and ginger and cook for a further 4 minutes shaking the pan to toss the ingredients.

Lastly, add the grated apple and hoisin sauce and cook for a further 2-4 minutes until the broccoli is to your liking. Remove from the pan and serve the stir-fry in a warm bowl alongside the fried rice.





# JAZZ™ Apple Summer Pizza Pie Crumble

## Ingredients

Serves 2-3

2-3 JAZZ™ apples, thinly sliced into segments

1 x 320g pack ready rolled shortcrust pastry

125g/4 ½oz golden caster sugar

50g/2oz plain flour

A handful of fresh raspberries, plus extra to serve

### For the crumble topping

150g/5oz plain flour

100g/4oz golden caster sugar

100g/4oz rolled oats

80g/3 ¼oz butter

### For raspberry sauce

250g/9oz raspberries

50g/2oz icing sugar, plus extra for dusting

4 tsp lemon juice

### To serve

Ice cream

## Method

First make the raspberry sauce by blitzing all the ingredients until smooth. Pass through a sieve if you don't like the seeds.

Cut the pastry sheet in half and then make 2 balls and roll out so you have 2 even-size pizza bases. Spread each with the raspberry sauce and set aside on a non-stick baking tray.

Preheat the oven to 190°C, fan 170°C, gas 5.

Place the sliced JAZZ™ apples in a large bowl. Add the sugar and flour. Make sure they are well coated and then arrange on top of the raspberry sauced pizza base, adding a few fresh raspberries as well.

For the crumble topping, mix the flour, sugar, oats and butter together and then, using your fingers, rub together until you have a breadcrumb like consistency.

Sprinkle the crumble over the pizzas and bake in the preheated oven for 20-22 minutes until cooked through and the pizza bases are golden. Sprinkle with a little extra icing sugar and serve with scoops of ice cream and any remaining raspberry sauce.





# JAZZ™ Apple & Raspberry Cheesecake (No Bake)

## Ingredients

Serves 3-4

### For the base

150g digestive biscuits

50g hazelnuts

50g butter

### Cheesecake filling

450g full fat cream cheese

80g icing sugar

1 tsp vanilla extract

60ml whipping cream

### Topping and sauce

2 JAZZ™ apples (cored and sliced into 3mm thick discs)

100g sugar

250g raspberries

50g icing sugar

20ml lemon juice

## Method

First make the base by blitzing the digestive biscuits, nuts and butter together.

Press into the 18cm cheesecake dish that has been well greased.

Add the cream cheese to a bowl with the sugar and vanilla and whisk until fluffy.

Add in the whipping cream to another bowl and whisk until you have soft peaks.

Fold the cream cheese mixture into the whipping cream and combine.

Pour the mixture on top of the biscuit base and chill in the fridge overnight.

Make the raspberry sauce by blitzing the raspberries, icing sugar and lemon juice.

In a large pan, add the apple discs, sprinkle with the sugar and cook for 5-10 mins until softened and slightly caramelised.

Pour the raspberry sauce over the apples, heat through and then transfer to the top of the cheesecake.







JAZZ™ Apple, Oat & Nut Bars

## The JAZZ™ Apple Journey

Originating in the beautiful orchards of New Zealand, JAZZ™ is a crunchy, tangy-sweet, perfectly sized, refreshing snack apple. The first British JAZZ™ Apple crop hit the shops in November 2007 and fast-forward 16 years, JAZZ™ is now the joint fastest-growing apple in the UK and the 5th most popular variety.

Now available in Aldi, Asda, Booths, Co-op, Lidl, Morrisons, M&S, Ocado, Sainsbury's, Tesco and Waitrose, JAZZ™ are a global favourite grown in over ten countries around the world.

JAZZ™ is a registered trademark of the T&G Group of Companies.

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