

Applesauce

Just Say Yes to Fruits and Vegetables

Picked too many fresh apples? Applesauce is a delightful way to use them up.



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Applesauce

Serves 6 • Serving: ½ cup



Each type of apple has a different flavor. Which one's your favorite?

Ingredients:

- 6 cored, peeled, and diced apples
- 1 teaspoon cinnamon (optional)
- 1 cup of water

Directions:

1. Place apples, cinnamon (optional), and water into a medium pot.
2. Bring apples to a boil over high heat, stirring often.
3. Turn heat to medium and simmer the apples for 30 minutes, or until the apples are very soft. Stir often.
4. Leave lumpy, or mash with a fork for a smoother sauce.
5. Serve warm or chilled. Enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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