

Applesauce

Rating: ★★★★★

Cook time: 35 minutes

Makes: 10 servings

Ingredients

7 apple (cut in quarters)

1/2 cup water

1/4 cup sugar

Directions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion - add 1 Tablespoon cinnamon and stir before serving.

Notes

Additional sugar can be added to increase sweetness.

Brown sugar can be used instead of white.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	0 g	
Carbohydrates	19 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	NA	
Sodium	NA	