

*Making it delicious*  
**APPLESAUCE**



**Ingredients**

- 4 apples
- Water
  
- Optional: Cinnamon



**Instructions**

- Wash the apples.
- You can keep the skin on or peel the apples. Keeping the skin on results in a lovely pink color after blending!
- Cut the apples into chunks, discarding the core.
- Place the apples in a pot and add water to cover half of the apples.
- Bring to a boil and then reduce the heat to medium-low. Cook for 15 minutes, or until very soft.
- For a chunkier version, mash with a fork or potato masher. For a smoother version, blend in a food processor or blender.
- If the peels have stayed intact, you can strain the sauce through a wire strainer to remove them.

**SERVINGS: 4 | PREP TIME: 25 MIN**