

# Apple Sauce

Makes 8 servings

## Ingredients

- 3 pounds cooking apples\*  
(9 medium) cored,  
quartered
- 1 cup water
- 1 teaspoon cinnamon  
(optional)

*\*Varieties for cooking include:  
Braeburn, Granny Smith, Golden  
Delicious, Jonathan, Jonagold, McIntosh, Rome Beauty*



## Directions

1. Wash apples. Cut in quarters and remove core.
2. Combine ingredients in saucepan.
3. Bring to a boil; reduce heat. Cover and simmer for 8 to 10 minutes or until apples are tender; add more water if necessary.
4. Remove from heat.
5. Mash with potato masher or process in blender or food processor to desired texture.
6. Serve warm or chilled. Stir before serving.

★ *This recipe was adapted to lower the sugar content.*

## Nutrition Facts

Serving Size 1/2 cup (242.98g)  
Servings Per Container 8

### Amount Per Serving

**Calories** 102

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 17g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



## Chef's Notes - Make it Quick!

In a microwave-safe mixing bowl, combine 1/2 of each of the ingredients above. Cover bowl with wax paper. Microwave 10 to 12 minutes, stirring twice. Mash or blend. Makes 4 servings.