

Chunky Style Applesauce

8 to 10 large cooking apples

1/2 cup water

1 tsp cinnamon

1/2 to 1 cup sugar

Peel, core and dice apples. Put the water, sugar, and apples in a hot skillet. Sprinkle on cinnamon and stir until blended. Cook until smooth.



Per serving (1 cup): 12 mg phe, 0.4 g protein



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