



Apple Sauce

4 - 6 servings

INGREDIENTS

- Apples
- Sugar (optional)
- Cinnamon (optional)

DIRECTIONS

1. Peel and core apples, cut into large chunks.
2. Place into medium pot with 1 cup water.
3. Bring to a boil over high heat, stirring often.
4. Turn heat to medium and simmer for 30 minutes or until very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. Optional: add sugar and/or cinnamon to taste
7. May be served warm or chilled. Refrigerate leftovers.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.