



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.



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