

Homemade Applesauce

Prep Time: 15 min

Cook Time: 30 min

Servings: 6

Cortlands and Empires and Macs, oh my! With more than 150 varieties grown in Vermont, the flavor possibilities are endless. Homemade Applesauce is delicious and can be made with just one ingredient, the apple. This tastes great warm or refrigerated, you can also freeze it to eat later. Eat it as a snack, mix in with yogurt, or add as a side to pork and veggies.



Ingredients

- 6 apples
- 2 Tbsp maple syrup (optional)
- 1 tsp cinnamon (optional)

Steps

1. Wash, 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. Reduce heat to low. Add cinnamon and maple syrup (optional). Simmer for 30 minutes or until very soft. Stir often.
5. Use masher or fork to blend for a chunkier applesauce. Use blender or sieve for a smoother sauce.
6. May be served warm or chilled. Refrigerate leftovers.