



Applesauce

Serves 10-12 (½ cup Child Sized Portions)

Preparation 20 minutes Cooking Time: 15 minutes

Common allergens: none

Equipment List

- Vegetable peeler Large pot
- Cutting knife Wooden spoon
- Cutting board

Nutrition Information

Calories	83.8 calories
Total Fat	0.3 g
Saturated Fat	0 g
Sodium	1.6 mg
Carbohydrate	22.3 g
Fibre	3.1 g
Protein	0.4 g
Sugar	16.6 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Apples (any variety)	9 large	9 large
Water	1 cup	250 mL
Lemon	1 juiced	1 juiced
Cinnamon	1 tsp.	5 mL

Instructions

1. Wash and dry the apples, then peel.
2. Chop apples into bite-size pieces. Remove core and seeds.
3. Place chopped apples, water, lemon juice and cinnamon in a large pot
4. Stir with a wooden spoon.
5. Heat on medium-high until mixture comes to a boil. Stir frequently.
6. Reduce heat to medium-low. Cover and simmer until apples are very soft and mushy, stirring every few minutes for about 10 minutes.
7. Turn off stove and remove from heat. Stir to cool or refrigerate.



Optional: Add raisins or rhubarb (in season). Serve with plain yogurt.

Recipe taken from Healthy After Schools