



Homemade Applesauce



1-800-WIC-1007

Recipe source: www.cookingmatters.com

Ingredients

- 6 apples, cored and cut into ½ inch pieces
- 1 cup water
- ½ teaspoon cinnamon

Directions

1. In a saucepan, combine the apples and water.
2. Cover and cook over medium-low heat for 25 minutes. Stir often until the apples are cooked through.
3. Stir in the cinnamon and cook for 5 more minutes.
4. Remove from heat, cool, and serve.

Serves: 6 • Serving Size: ½ cup • Prep Time: 10 minutes • Cook Time: 30 minutes

This institution is an equal opportunity provider.

Chef Tips

1. Experiment with different types of apples
2. Use other spices and flavorings such as nutmeg, allspice, pumpkin spice, and ginger
3. Top with dried fruit, nuts, or granola
4. Add a little maple syrup for flavor
5. Serve warm with vanilla yogurt
6. Serve warm over plain oatmeal
7. Store in individual storage containers for a quick snack

Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Saucepan



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Nutrition Facts Per Serving: 72 Calories, 0 g Fat, 19 g Carbohydrate, 0 g Protein, 3 mg Sodium