**Homemade Applesauce**

**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

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

**Supplies**

* Measuring cups
* Measuring spoons
* Cutting board
* Knife
* Saucepan

**Chef Tips**

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