

Our Favorite Applesauce

If someone in your house isn't feeling well — or isn't feeling happy — then a batch of homemade applesauce might be just what they need. You can eat it plain, spoon it onto yogurt, or use it for baking.

Makes: 8 servings

Prep Time: 15 minutes
Cook Time: 30 minutes

Source: ChopChopFamily.org/recipe



**Small Changes,
BIG Difference!**

Ingredients

- 6 apples (any kind), unpeeled, cored, and diced
- 1 cup water (or more if needed)
- 1 teaspoon ground cinnamon

Directions

1. Put all the ingredients in the pot and put it on the stove. Turn the heat to high and cook until it just comes to a boil (you'll hear it first but may have to look at the sides of the pot to see the bubbles).
2. Lower the heat to low, cover the pot, and cook until the apples are falling apart tender, 30 to 45 minutes, stirring every few minutes to make sure the apples aren't sticking. If the mixture seems dry at any point, add another 1/4 cup water. Set the cooked apples aside to cool a bit, about 10 minutes.
3. Mash the apples using the potato masher or fork, then set aside to cool until just warm. Serve right away, or transfer to an airtight container and refrigerate until cold, or up to 1 week.



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	118
Total Fat:	0.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	3 mg
Total Carbohydrates:	33 g
Dietary Fiber:	10 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	1 g

Utensils Needed

- Cutting Board
- Knife
- Medium-Sized Pot
- Wooden Spoon
- Measuring Spoons
- Measuring Cups
- Potato Masher or Fork
- Pot Holders

SHOPPING LIST

Average total cost without oil and seasonings: \$4.47

Average cost/serving: \$1.12

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 6 to Cart
Apples, 6 Medium

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Get Creative:
 - Chunky Applesauce: Don't mash the apples too much.
 - Nutty Applesauce: Add 1/2 cup chopped lightly toasted walnuts or pecans after it's cooked.
 - Cranberry Applesauce: Add 1/2 cup fresh or frozen cranberries to the pot with the apples.
 - Rhubarb Applesauce: Add 1/2 cup chopped rhubarb to the pot with the apples.

Similar Recipes

- Apple Cranberry Salad Toss
- Northwest Apple Salad