

Applesauce

Homemade applesauce is an easy treat to make and a wonderful side dish or dessert option.

Makes: 10 servings

Ingredients

- 7 apples
- ½ cup water
- ¼ cup sugar

Directions

1. Cut apples into quarters. Apples can be peeled if desired.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15-20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.

Notes

- Brown sugar can be used instead of white.
- Serving suggestion: Add 1 tablespoon cinnamon and stir before serving.

Recipe from: *Eating Right Is Basic*, Michigan State University Cooperative Extension Service, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.



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