



# Applesauce

- 4 medium **apples**
- 1 Tbl **brown sugar**, *optional*
- 1/2 tsp **cinnamon**
- 1 cup **water**
- 1 Tbl **lemon juice**

1. Core and chop the apples into small cubes.
2. Place the apples, brown sugar, cinnamon, lemon juice and water in a medium saucepan over medium-high heat.
3. Bring the mixture to a boil. Then, reduce heat to low and simmer for 25-30 minutes, until the apples are soft and falling apart.
4. Mash the applesauce with a potato masher, fork, or the backside of a spoon until it is the texture you like. If you like a smoother applesauce, use a blender or food processor to remove any chunks.
5. Serve and enjoy.

*Makes 4 servings*

## Microwave Instructions:

1. Core and chop apples. Combine all ingredients in a microwave safe bowl.
2. Cook in microwave on high for 3-4 minutes or until apples are soft.
3. Mash or blend apples according to directions above.

## Nutrition Facts

Serving Size 3/4 cup  
Servings Per Container 4

Amount Per Serving

**Calories 110**      **Calories from Fat 5**

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 5g      **20%**

Sugars 22g

**Protein** 1g

Vitamin A 2%      • Vitamin C 15%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# Apples

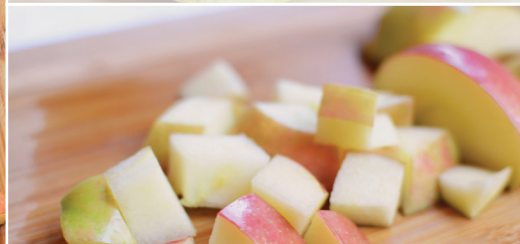
**Storage:** Store apples in fridge for up to 4 weeks. If cooked, store apples in a closed container in the fridge for up to a week.

**Nutrition:** Great source of fiber and vitamin C.

**Bruises on apple?** Remove and use remaining apple for recipe.



Soak cut apples in lemon juice and water to prevent browning.



Keep the skins on.  
They add fiber to any dish.



When cutting an apple,  
cut around the core.

