

Easy Applesauce

Homemade applesauce is incredibly easy to make and tastes so much better than store bought. Simmering apples also add a wonderful aroma to the kitchen! It makes a very nutritious side dish and is enjoyed by family members of all ages. Serve chilled or warm.

Ingredients

6-8 medium apples (peeled, cored, and chopped into chunks or slices)
3/4 cup water
1/4 cup sugar (optional or add to taste). You can also add 1-2 tablespoons of honey or brown sugar instead.
1 teaspoon Cinnamon (optional)

Directions

In a 2-qt. saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Refrigerate applesauce up to 5 days or freeze up to 2 months.

Cooks Hints

- Stir occasionally to keep the applesauce from burning.
- The more you stir, the less chunky it will be. Some like their applesauce smooth, some like it chunky.
- Some prefer leaving the skins on the apples.