APPLESauce

SERVES 6

Preparation time: 15 minutes
Cook time: 30 minutes

INGREDIENTS

7 apples (Granny Smith, or other tart apple)
½ cup water
¼ cup sugar
½ teaspoon cinnamon (Optional)

DIRECTIONS

1. Wash and peel apples. Cut into quarters.
2. Combine apples, sugar, and water in saucepan. Heat to boiling. Turn heat to low as soon as water is boiling.
3. Simmer over low heat for about 30 minutes, stirring and mashing occasionally until apples are tender throughout.
4. Once tender, mash apples to desired consistency. Add cinnamon if desired.

WAYS FOR KIDS TO HELP

• TEENS CAN peel and cut apples to make sauce.
• CHILDREN CAN serve applesauce as a family treat.

SIMPLY GOOD EATING