



### ***Recipe for-***

### **Easy Fruit Recipe: Applesauce**

Apples are a wonderful and versatile fruit that can be found in the markets all year. Making applesauce is simple! Since families love applesauce this is a good recipe to get the kids involved. Applesauce freezes well, so don't hesitate to make a large batch and freeze it for later use.

### **Ingredients:**

8 fresh apples- Macintosh or combinations of apples works well  
2 cups water

### **Preparation steps:**

Rinse apples, then remove the peel and core. Cut apples into 2 inch chunks (try to keep the sizes similar so the apples will cook consistently).

Place cut apples in a large pot, & add 2 cups water. The water should cover the bottom of the pot. Simmer & stir often until apples are soft and very tender. As the apples cook they will naturally break into smaller sections and turn into a smooth texture. The applesauce is ready to eat when you have reached the desired texture; either chunky or smooth!

Applesauce makes an excellent side dish, or can be stirred into low-fat cottage cheese or yogurt for a satisfying lunch or snack. It can also be frozen into popsicle molds for the children in your family.

Freeze leftover applesauce in labeled freezer bags or containers. Enjoy!