

Recipe of the Month: Applesauce

Inspired by:

<https://www.allrecipes.com/recipe/51301/sarahs-applesauce/>

Have you been apple picking recently and unsure what to do with your apples sitting in your counter? Look no further- give this recipe a try! Apples are packed with fiber and do contain some Vitamin C . They also can contribute to your hydration (yes- fruit does contain water content!). This can be a great meal to get the kiddos involved with as well! Enjoy applesauce as a side to a meal, on your yogurt bowl, as by itself as a snack.

What you'll need:



4-6 apples- cored, peeled, and chopped into small pieces



$\frac{3}{4}$ cups of water



$\frac{1}{4}$ cup honey or maple syrup



$\frac{1}{2}$ teaspoon ground cinnamon

Directions:

- Step 1: Gather all of your ingredients
- Step 2: Combine chopped apples, water, honey/maple syrup, cinnamon in a saucepan on the stovetop
- Step 3: Cover saucepan and cook over low-medium heat until apples are soft (*~15-20 minutes*)
- Step 4: Once apples are soft, remove saucepan from heat and let mixture cool
- Step 5: Once mixture is cool, mash with utensil of choice (ex. potato masher, immersion blender) until desired consistency
- Step 6: Enjoy!

***Adjust the amount of sweetener depending on taste preference*