



Operation Threshold WIC Recipe of the Month

October 2011

Easy Applesauce

Yield: 4 servings

4 apples - peeled, cored, and chopped

$\frac{3}{4}$ cup water

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

$\frac{1}{4}$ cup white sugar

In a large pot, combine apples, water, cinnamon, and sugar. Cover the pot, and cook over medium heat for 15-20 minutes, or until the apples are soft. Remove from heat. Mash with potato masher or fork, or process in blender to make it smoother.

Store applesauce in refrigerator, or freeze to enjoy later!

Source: AllRecipes.com

www.allrecipes.com/Recipe/sarahs-applesauce/detail.aspx