



# ***Homemade Applesauce***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

10 small apples (or 5 large ones), core and dice (about 1/2 inch cubes)

1/4 teaspoon ground cinnamon

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## ***Directions***

Place apples in a small saucepan and fill with water, about 1/2 inch from bottom. Add cinnamon. Cook on medium-high heat and bring to a boil. Reduce heat and simmer for 10-15 minutes. Applesauce can be eaten either warm or cold.

*Do you want smoother applesauce?* Peel the apples before cooking. Mash with a potato masher before eating.  
*Do you want sweeter applesauce?* Add 1 tablespoon of brown sugar to the saucepan while cooking. Enjoy!