



Applesauce

Adapted from (SNAP4CT)



Ingredients

- 4 apples—washed, cored and chopped (any variety)
- 1/2 cup water
- 1 tsp. cinnamon to taste (optional)



Directions



Yield: 4 servings **Serving size:** 1/2 cup **Total cost:** \$1.26 **Serving cost:** \$0.32

Stovetop:

1. In a sauce pan, combine apples and water.
2. Cover, and cook on medium heat for 15 to 20 minutes or until apples are soft. Stir occasionally to prevent sticking.
3. Allow to cool, then mash with a fork or potato masher and add cinnamon.

Microwave:

1. Place chopped apples in microwave safe bowl with water and microwave for 8-10 minutes. Continue to microwave in 2 min. intervals until apples are soft enough.
2. Mash cooked apples with a fork or potato masher and add cinnamon. You can also stick the apples in a blender or food processor if you have one.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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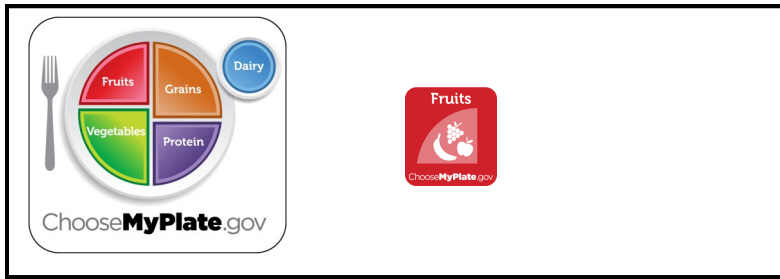
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Fast Facts



Featured Food Groups



Cooking Tips



- Choose any apples you'd like; taste your applesauce before adding sugar
- Try adding pears
- Add nuts for a topping

Second Harvest is an equal opportunity provider.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.05g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.09g	
Monounsaturated Fat 0.01g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Sugar Alcohol 1g	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 22.1mg	2%
Iron 0.27mg	2%
Potassium 263mg	6%

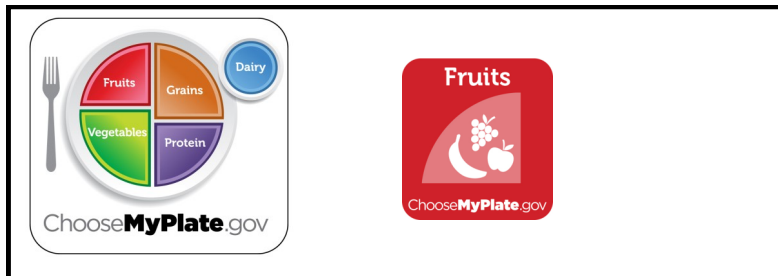
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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