



# Applesauce

Adapted from (SNAP4CT)



## Ingredients

- 4 apples, cored and chopped
- 1/2 cup water
- 1 tsp cinnamon to taste (optional)



## Directions



**Yield:** 4

**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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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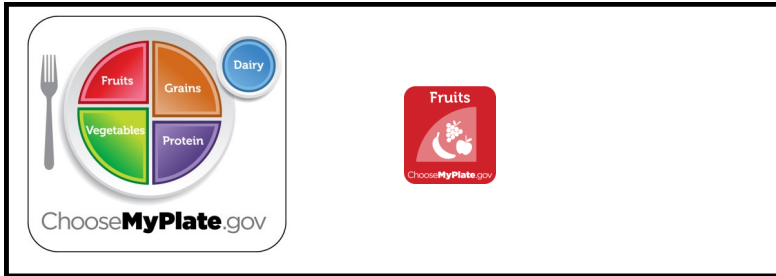
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# Fast Facts



## 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.

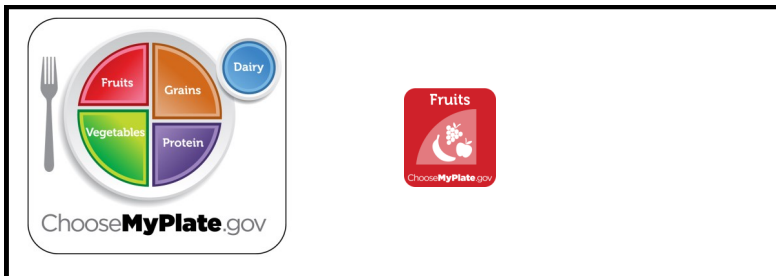
Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1/2 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0.05g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.09g	
Monounsaturated Fat 0.01g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Sugar Alcohol 1g	
<b>Protein</b> 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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