

***This Applesauce Is Boss – If You Don't Make It, It's Your Loss, Susan Lynch, Mennonite College of Nursing***

**Ingredients**

3 lbs. apples (approx. 6 med. apples, peeled, cored, quartered, and chopped into smaller chunks)

½ C - Water

2 Tbsp. - Fresh Lemon Juice

¼ C - White Sugar

½ tsp. - Ground Cinnamon

¼ tsp. - Salt

**Directions**

Place the peeled, cored, quartered, and chopped apples in a large pot.

Stir in the ½ c. water, lemon juice, sugar, ½ tsp. ground cinnamon, and salt.

Bring to a boil over high heat.

Once simmering, reduce heat to low and cover pot with a tight-fitting lid. Maintain a low simmer for 30 mins. or until the apples are completely soft and cooked through.

Once fully cooked, remove from heat.

For chunky applesauce, mash the apples directly in the pot using a potato masher. For smooth applesauce, add the apples to a food processor or blender and blend until smooth. If using a blender, work in batches and allow time to cool.

Delicious served warm or cold.