

RECIPES

Spiced Chunky Applesauce



Ingredients (3 servings)

2 medium apples, cored,
peeled and cut into chunks
1/2 cup unsweetened apple juice
3 tablespoons sugar
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg, if desired

Nutrition Information per serving

110 calories, 0 g fat, 0 g protein,
29 g carbohydrates, 1 g fiber,
0 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Combine apples and juice in a saucepan. Cover and boil gently over medium high heat for about 5 minutes, or until apples are tender.
3. Place apple mixture in a blender or crush with a hand-held potato masher and blend until mostly smooth.
4. Return mixture to saucepan. Stir in remaining ingredients.
5. Over medium low heat, boil applesauce gently uncovered, stirring frequently. Cook for about 5 minutes or until thickened.
6. Serve hot or cold.

APPLES

Choose: firm shiny apples that smell fresh.

Store: in the refrigerator in a plastic bag. Use within three weeks.

How much? 1 large apple = about 1 cup sliced or chopped.