

Applesauce



Recipe credit

Adapted from the United States Department of Agriculture

About this recipe

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation; 30 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 7 apples (Granny Smith or other tart variety)
- 1/4 cup sugar
- 1/2 cup water
- Optional: 1/4 teaspoon cinnamon

Directions

1. Wash and peel apples. Cut into quarters and core apples.
2. Combine apples, sugar, and water in saucepan. Heat to a boil. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for about 30 minutes, stirring and mashing occasionally until apples are tender throughout.
4. Once tender, mash apples to the desired consistency. Add cinnamon if desired.

Tips and variations

- Teens can peel and cut apples to make sauce.
- Serve applesauce as a snack, sprinkled with a little cinnamon.
- Serve with pork roast or pork chops.
- Substitute applesauce for oil in baked goods.

Nutritional info

Calories

64

Total fat

0 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

2 mg

Total carbohydrates

17 g

Dietary fiber

0 g

Protein

0 g

Total sugar

16 g

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