

## Applesauce - No Sugar Added



### Ingredients:

6 large apples (about 3 lb), any sweet variety (Jonagold, Fuji, Gala, Braeburn)

1/2 tsp cinnamon

1/2 cup water

### Directions:

1. Core and roughly chop the apples into 1-2" pieces, depending on how chunky you prefer your applesauce. Do not peel the apples.
2. Combine all ingredients and cook,

either in a slow cooker or on the stovetop. *Slow cooker:* cook on high for 4 hours or low for 6 hours, stirring twice during cooking.

*Stovetop:* use a large pot and cook on medium-high heat for 25 minutes, stirring often.

3. Mash or puree to your preferred consistency.
4. Cool the applesauce, then store in the refrigerator for up to 5 days, or freeze for up to 3 months.

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