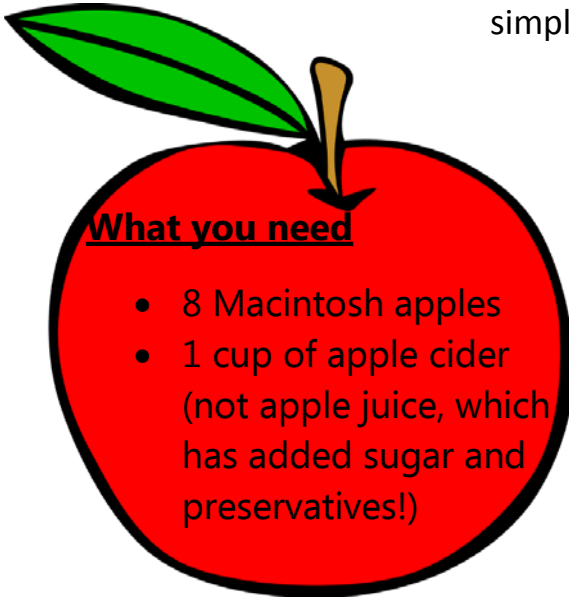


Easy Applesauce Recipe

Apples are a tasty and healthy treat. They have vitamins, minerals, and fiber that helps keep our bodies strong and healthy. They are a perfect on-the-go snack that fits well into many recipes. This wholesome and simple applesauce takes no time



What you need

- 8 Macintosh apples
- 1 cup of apple cider (not apple juice, which has added sugar and preservatives!)

Directions:

Peel, core, and chop apples. Add apples to a pot with the cup of cider. Boil on low heat, stirring from time to time until apples break down into a sauce. Serve applesauce warm or chilled. You can put leftovers in the fridge for a few days.

To change up the recipe you can add

- A dash of cinnamon at the end
- A drop of lemon juice
- If you like spicy food, add a pinch of pepper instead of the cinnamon or lemon juice

Kids can help by:

- Counting out the apples
- Rinsing and drying apples
- Measuring the cider with help from an adult

