

Best-Ever Applesauce

Ingredients

4 Granny Smith or other tart apples,
cored, peeled and diced
¼ cup water
3 tablespoons real maple syrup



Directions

Put the apples, water and real maple syrup in a pot, cover, and put on the stove. Turn the heat to medium-low and cook until the apples are tender, about 30 minutes, stirring occasionally to make sure the apples aren't sticking.

Set aside to cool 10 minutes.

Mash the apples using a potato masher or fork until chunky. If you like it smoother, mash some more) and set aside to cool until just warm.

Serve right away, or put in a container and refrigerate until cold.



HEAL
Healthy Eating Active Living
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Get Creative

Chunky Nutty Applesauce:

add ½ cup chopped toasted
walnuts or pecans

Chunky Nutty

Fruity Applesauce:

add ½ cup chopped toasted
walnuts or pecans and ¼ cup raisins,
currants or diced apricots

Banana Applesauce:

add 1 overripe banana after you
cook the apples and mash them
together.

Pearsauce:

substitute pears for the apples