



September 9- Applesauce

Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

3 pounds apples

1 cup water

1/3 to 2/3 cup sugar

1 teaspoon cinnamon (optional)

Directions:

1. Wash apples. Cut in quarters and remove core.
2. Combine ingredients in saucepan.
3. Bring to a boil; reduce heat. Cover and simmer for 8 to 10 minutes or until apples are tender; add more water if necessary.
4. Remove from heat.
5. Mash with potato masher or process in blender or food processor to desired texture.
6. Serve warm or chilled. Stir before serving.

Yield 4 servings

Nutrition Facts

Serving Size 1 cup (357.48g)

Servings Per Container 4

Amount Per Serving

Calories 200 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 47g 16%

Dietary Fiber 0g 1%

Sugars 47g

Protein 1g 2%

Vitamin A 2% • Vitamin C 80%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.