

Garden of Wonders Applesauce

You can either sieve for fine applesauce, or stop at the mash step for chunky applesauce.

Prep: 10 minutes

Cook: 20 minutes

Mix together in a saucepan:

- 4–6 medium apples, cored and chopped into one inch pieces (peel the apples if desired, and you are not using a sieve. Leaving the skin on red apples when they are cooked creates a beautiful pink color)
- 1/2 cup of water
- 1/4 cup sweetener (honey, sugar, agave syrup)
- a pinch of salt
- 1/4 tsp cinnamon

Bring the ingredients to a boil. Turn down the heat to medium. Stir and simmer until the apples are soft.

Mash the soft apples (you can enjoy them at this stage or...)

Sieve them and enjoy the strained apple sauce (students even liked to eat the mash left after sieving)