



Easy Applesauce Recipe

Make a healthy snack using just three ingredients!

Ingredients:

- 4 medium sized apples
- $\frac{3}{4}$ cup of water
- 1 teaspoon cinnamon



Instructions:

- Read about apples [here](https://tinyurl.com/y2tz4dac). (https://tinyurl.com/y2tz4dac)
- Decide what kind of apples you would like to use. Click on this link to learn about [Maryland Apple Varieties](https://tinyurl.com/y2muodxt). (https://tinyurl.com/y2muodxt)
- Wash and core the apples. You can choose if you want the peel on or off.
- Chop the apples into small pieces. (Tip for young children: Give your child apple slices and a plastic knife so they can help to chop the apples.)
- Mix apples, water, and cinnamon in a saucepan. Add some sugar to sweeten if needed.
- Cover and cook over medium heat for 15 – 20 minutes, until the apples are soft.
- After apples cool, mash them with a potato masher or fork. If you prefer smoother applesauce, mix in a food processor until the consistency looks right for you.
- Eat warm or chilled.

