



# APPLESAUCE

*Healthy and Homemade*

MAKES: 8 HALF PINTS    PREPPING TIME: 45 MIN    COOKING TIME: 30 MIN

## INGREDIENTS

6-7 lbs apples  
1 cup apple juice  
2 Tbsp lemon juice  
1/2 cup light brown sugar  
1/2 tsp cinnamon (*optional*)

## DIRECTIONS

1. Wash the apples. Peel, core and chop them into 1/2-inch pieces. Then, place the chopped apples into a large stock pot. Set the scraps aside for later use.
2. Sprinkle lemon juice over the apples about halfway through and toss to retain color.
3. Add apple juice to the pot and place the lid on top.
4. Bring the mixture to a boil over medium heat until the apples soften. Stir occasionally to prevent scorching.
5. When the apples are soft or beginning to fall apart (about 20-30 minutes), remove the pot from the heat. Mash the apples to the desired texture or consistency.
6. Add brown sugar and your favorite spices to sweeten.

## NOTES

A potato masher will create a chunky texture. Use an immersion blender for a smooth consistency.