APPLESAUCE
Serves 6

Ingredients:

6-8 apples, peeled, cored and diced
¼ cup water
½ tsp ground cinnamon
1-2 teaspoons sugar (optional)

Directions:
Put all ingredients in a medium sauce pot. Bring to a simmer and put on the lid. Simmer until apples become soft, about 15 minutes.

Remove the pot from the heat and using a potato masher, mash the apple mixture until no lumps are seen.

Serve warm or cold.

Nutritional Information per ½ cup serving:
Calories: 82
Total Fat: 0g
Saturated Fat: 0g
Sodium: 2mg
Carbohydrates: 21g
Cholesterol: 0g
Dietary Fiber: 4g
Protein: 0g