

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



APPLE SAUCE

Serves 6

Ingredients:

6-8 apples, peeled, cored and diced
¾ 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	Carbohydrates: 21g
Total Fat: 0g	Cholesterol: 0g
Saturated Fat: 0g	Dietary Fiber: 4g
Sodium: 2mg	Protein: 0g