



Unsweetened Apple Sauce

Ingredients:

4-5 apples (fuji or gala work well, but any type of apple will work)
1 tsp cinnamon (optional)
Water

Directions:

1. Peel, core, and chop 4-5 apples
2. Combine apples and just enough water to cover them in a pot over the stove
3. Cook over medium heat until the apples are soft, around 30 minutes
4. Mash with a fork or use an immersion blender to get your preferred consistency; Add 1 tsp of cinnamon (optional)
5. Enjoy!

Cookware needed:

1 large pot
Immersion blender (optional)

Cost: 

Ease: 

Health Benefit: This simple side dish is made completely with apples! Apples are naturally sweet and rich in fiber to help support bowel health. Apples are also rich in vitamins and minerals like calcium and potassium which help the body maintain healthy bone and muscle.