

Applesauce

From: American Heart Association

Season: Fall

Serves: 7 half-cup servings

Ingredients:

- 6 McIntosh or other tart apples
- 2 Golden Delicious or other sweet apples
- 1/4 cup water
- 2 tablespoons pure maple syrup
- 1/2 teaspoon ground cinnamon

Directions:

Combine apple pieces and water in a large saucepan.

Bring to a boil, then reduce heat to maintain a simmer.

Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes.

Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

Make Ahead: Refrigerate for up to 2 weeks or freeze for up to 6 mos.

Prep: 20 minutes, cooking 30 minutes

