



## Quick Applesauce

Add 1/4 tsp of cinnamon or juice from half of a lemon for versatile flavors. Make in bigger batches and store in the refrigerator for up to 1 week.

### **U.S.**

4 medium  
3/4 cup

Gala apples, peeled, cored, and diced  
Water

### **Metric**

4 medium  
180mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a medium saucepan, combine the apples and water. Cover and cook the apples on medium heat until the apples are soft, about 15 minutes. Remove from the heat and allow to cool slightly.
3. Using either a hand masher or a blender, mash or puree the apples until smooth.

---

**Nutrition Facts**

---

5 Servings

**Serving size**                    **1/2 cup**

---

**Amount per serving****Calories**                            **60**

---

<b>Total Fat</b>	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	0 mg
<b>Total Carbohydrate</b>	15 g
Dietary Fiber	2 g
Total Sugars	12 g
Includes 0g Added Sugars	
<b>Protein</b>	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	100 mg
Phosphorus	0 mg

---