



Applesauce

Prep Time: 10 minutes
Cook Time: 5 hours



You Will Use

- 6 Apples
- ½ Cup (125 mL) Water
- 1 tsp (5 mL) Ground cinnamon

You Will Need

- Measuring spoons
- Measuring cups
- Vegetable peeler
- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Blender (optional)

Tips and Tricks

- If you do not have a blender, peel the apples before placing in slow cooker. When cooking is done, mash with a potato masher or large fork.
- Applesauce can be enjoyed in many ways: served warm or cold on its own, as a topping on pancakes or waffles, or with yogurt and granola (to name a few).



1. Wash apples well. Core and quarter apples. There is no need to peel the apples as the peels will be pureed before serving.



2. Put all ingredients in a slow cooker on HIGH for approx. 3 hours, stirring occasionally.



3. Using a blender (immersion or regular), puree the apples. Serve in small bowls or cups.



apple



water



ground cinnamon