



Apple Sauce

(serves 6)



INGREDIENTS

- 6 large good apples, such as, MacIntosh or Jonagold
- 80 ml sugar (white or brown or coconut)
- 8 ml cinnamon
- 250 ml water

METHOD



1. Core and slice apples. Cut apple slices into smaller chunks (the smaller the chunk, the faster the apples will cook).
2. In a saucepan, combine apples, water, sugar, and cinnamon. Cover and cook over medium heat for 15 to 20 minutes, or until apples are soft.
3. Allow to cool, then mash with a fork or potato masher.
4. Divide evenly between 5 soup bowls put lid on bowl, eat when cool.

Single serving recipe

- 1 apple
- 10 ml sugar
- 2 ml cinnamon
- 30 ml water.

Follow method listed above but reduce cooking time to 5 minutes, or until apples are mushy.