



Applesauce

Makes: 20 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
30	apples	30
½ cup	water	125 mL
Optional:	ground cinnamon	

Instructions

1. Wash apples. Do not peel. Cut into quarters. Place in a large pot with water and bring to a boil. Reduce to a simmer.
2. Continue to cook, covered, for approximately 45 minutes to one hour until apples are soft (quite mushy). Stir occasionally. Add more water if needed.
3. Working in batches, ladle apples and any liquid into a food mill or Chinese (cone-shaped) strainer.
4. If using a strainer, use a small ladle to push the apple pulp through the mesh. Continue to press apples until only the skin and seeds remain. Discard skin and seeds.
5. Cool. Applesauce will thicken as it cools.

Nutrition Information

Serving 125 mL (1/2 cup)

Calories 90

Fat 0 g

Saturated 0 g

+ Trans 0 g

Sodium 0 mg

Carbohydrates 25 g

Fibre 3 g

Sugars 19 g

Protein 1 g

Calcium 0 mg

Iron 0 mg

Food Guide Servings

1½ Vegetable & Fruit