



HOMEMADE APPLESAUCE

Apples are one of the most popular fruits, ranking amongst the top five produced fruits around the world. They are a source of fiber (both insoluble and soluble), phytochemicals, and vitamin C. Today we are highlighting apples through a delicious homemade applesauce recipe.

Did You Know? - Apple juice and apple cider are different!

- Cider is produced when raw apples are mashed and pressed to extract the liquid. It is not filtered and sold either pasteurized or unpasteurized. This causes cider to appear cloudy, as it contains pulp and sediment. It is more acidic and contains more flavonoids than apple juice.
- Apple juice has been filtered to remove solids and pasteurized so that it remains fresher longer. Sugar is sometimes added. During filtration, the tart and bitter flavors from the natural apple flavonoids may be removed, so apple juice typically has a uniform sweet flavor.

INGREDIENTS:

serving size 12

- 6 lb. golden delicious apples, peeled, cored, and cut into 8 slices
- 1 c. apple juice or apple cider
- Juice of 1 lemon
- 1/2 c. brown sugar, packed
- 1 tsp. cinnamon, more or less to taste
- 1/2 tsp. nutmeg, more or less to taste

INSTRUCTIONS:

1. Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes. All apples should be softened.
2. Carefully puree in a food processor or blender until smooth (split into multiple portions if needed). Chill in fridge until needed.



It takes the energy from 50 leaves to produce one high quality apple with the right size and color.

Source: USDA



NUTRITION:

Calories:	92 kcal
Carbohydrates:	24.2 g
Protein:	0.4 g
Fat:	0.3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	4 mg
Fiber:	2.9 g
Sugar:	20 g
Calcium:	1%
Iron:	3%
Potassium:	3%

