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Homemade Applesauce

Prep time: 30 minutes

Cook time: 30 minutes

Ingredients

- 4 lbs. peeled and cored apples
- ½ cup water
- ½ cup orange juice
- 2 strips of lemon peel - use a vegetable peeler to strip 2 lengths, then sliver
- 2 teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ¼ cup of dark brown sugar
- ¼ teaspoon of salt

Preparation

1. While peeling and chopping apples, add orange juice to reduce browning.
 2. Place all ingredients in a large pot. Cover and bring to a boil. Lower heat and simmer about 30 minutes or until apples are soft.
 3. Scoop 3 cups of apples into a blender and blend until smooth. Return blended apples to large pot.
 4. Mash remaining apples with a potato masher for chunky applesauce or blend with a hand held blender for a smooth applesauce.
 5. Serve warm or refrigerate and serve later.
 6. For leftovers, this recipe freezes nicely for up to 6 months
- Makes about 2 quarts

Recipe by:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA and provides nutrition consultations in-person and by phone, helping adults, families and student athletes achieve their health and performance goals.

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