

# Homemade Applesauce

Blend smooth applesauce spiced with cinnamon.



Yield: 4 servings

## Ingredients



4 large  
apples



1 cup  
water



2 tsp lemon  
juice



$\frac{1}{4}$  cup  
brown sugar



$\frac{1}{4}$  tsp ground  
cinnamon

## Tools



peeler



knife



cutting board



dry  
measuring cups



liquid  
measuring cup



measuring  
spoons



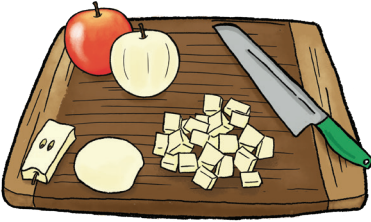
medium pot



blender

## Steps

1



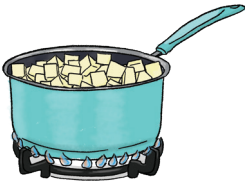
Peel apples, cut sides away from core, then cut into small 1 to 2-inch chunks.

2



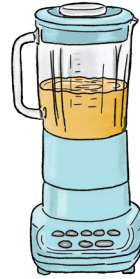
Add apples, water, lemon juice, brown sugar, and cinnamon to a pot over medium-high heat.

3



Bring mixture to boil, then reduce heat to simmer. Cook, stirring occasionally, until apples are soft, about 30 min.

4



Cool 10 minutes. Carefully transfer to blender and puree until smooth. TASTE & SHARE!



### Say It With Food

"An apple a day keeps the doctor away" is a common rhyming food proverb. A *proverb* is a short, well-known piece of advice. What other rhyming sayings or proverbs can you think of? Why do you think rhymes are often used for these?