

kizingo® EATS:

One-Pot Applesauce

The most magical part of this recipe is its simplicity - put halved unpeeled apples in a pot with a couple of flavorings and **SIMPLY. WALK. AWAY.**

This applesauce also has the benefit of being free of added sugar and is packed with Vitamin C, potassium, and fiber. And because it's processed smooth using a food mill, it's great for kiddos just beginning with solid foods.



That's what we call a win-win-win-WIN!

INGREDIENTS

Apples - whatever variety, amount, and condition you happen to have on hand

1 cinnamon stick

Juice from one lemon

1 scraped-out vanilla bean (or 1 tsp. pure vanilla extract)

Water (1/8 - 1/4 cup, depending on amount of apples)

DIRECTIONS

Halve apples and place in a large dutch oven or pot with a tightly fitting lid.

Add cinnamon, lemon juice, and vanilla bean (or extract) and water.

Set heat to medium low and cover.

After 15-20 minutes give a quick stir. Add a splash of water if it's looking a little dry, and cover again.

After about 45 minutes - or when the aroma is overpowering - transfer the whole batch to a food mill and process into a glorious bowl of warm deliciousness.

NOTES

If you prefer a slightly chunkier applesauce, or would like to give your little one practice with a slightly thicker texture, peel and core the apples (since they aren't going through the food mill to catch those extra parts) and mash with a potato masher to desired consistency.



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