

Homemade Applesauce

MAKES ABOUT 5 CUPS

Ingredients

8 large apples, peeled and cut into slices

1/2 cup water

2 lemon slices

1/8 teaspoon nutmeg

1/4 teaspoon cinnamon

Directions

1. Combine apples, water and lemon slices in a large saucepan.
2. Simmer, uncovered for 10 minutes or until apples are part sauce and with some chunks of apple left.
3. Watch closely and stir often to prevent burning. Applesauce should be thick; add more water if necessary.
4. Leave sauce chunky or put apples and lemons in a blender.
5. Add cinnamon and nutmeg.

Serve warm or chilled.

Adapted from the University of Illinois Cooperative Extension

