

cinnamon applesauce

prep time: 20 minutes cooking time: 6 hours yield: 6 cups

208

for the kid
in all of us

The aromas and flavors of homemade applesauce far surpass those of store-bought, which, besides not being able to waft heavenly smells, often contain added sugars and preservatives. The scent of sweet apples and cinnamon will perfume your entire home as this sauce simmers away in the slow cooker all day.

ingredients

- 4 pounds tart apples, cored, peeled, and sliced
- 1 tablespoon fresh lemon juice
- 1 teaspoon cinnamon
- ½ teaspoon pure vanilla extract
- ½ teaspoon salt
- 1¼ cups water

method

1. Place the apples, lemon juice, cinnamon, vanilla, salt, and 1¼ cups water in a bowl and stir. Pour into a slow cooker and cook on low for 6 hours.
2. For a smooth applesauce, place in a blender in batches and purée until smooth.

tidbits:

No slow cooker? No problem, this applesauce can also be made on the stovetop. Add all of the ingredients to a saucepan, cover, and simmer for 30 minutes until soft.