



# Easy Chunky Applesauce

## Ingredients:

10 sweet apples (Golden delicious or Macintosh)

1/4 cup of water

Sweetener to taste (honey or maple syrup)

1 teaspoon of ground cinnamon

## Directions:

- Peel and core apples and cut into 1-inch chunks.

**Stovetop:** Place the apples and water in a large saucepan. Bring to a boil over medium-high heat then reduce the heat to low. Simmer until the apples are tender, about 20 minutes. Lightly mash apples with a potato masher. Add sweetener and cinnamon to taste.

**Microwave:** Place apples and water in a microwave dish. Cover and cook at high power for 5 minutes. Remove dish from microwave, stir and check apples for doneness. Cook another 3-4 minutes if desired. Add sweetener & cinnamon to taste.

