

Homemade Applesauce

It's yummy either hot or cold!



Level: Easy

Makes: 4 cups

Kids' Tool Kit

- Large microwave-safe
- Mixing bowl
- Wooden spoon
- Measuring cups
- Measuring spoons
- Peeler
- Apple corer
- Knife
- Wax paper
- Potato masher or pastry cutter



Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 cup water
- 1 teaspoon ground cinnamon



Directions:

Remember to wash your hands!

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.



Helpful Hints: Apples are available year around, but the best buys are September to February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. A 3- pound sack of apples equals about 12 medium apples or 12 cups of sliced apples.



Safety Tip: Apples should be washed before being eaten or cooked. Washing helps remove dirt, germs and any pesticides that may be on the skin. Even if you are going to peel apples, wash first! No need for detergents; just use clean water to wash fruit and vegetables.

Chef's Choice

- Homemade Applesauce
- Oatmeal cookie
- Low fat milk

Nutrition Facts

Serving Size 1/2 cup (198g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	14%
Sugars 33g	
Protein 0g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.