

## Homemade Applesauce

*It's yummy either hot or cold!*

8 servings

### 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:

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.

**Nutrition Facts:** One 1/2 cup serving provides 150 calories, .5g total fat, 0mg cholesterol, 0mg sodium, 38g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

## Homemade Applesauce

*It's yummy either hot or cold!*

8 servings

### 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:

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.

**Nutrition Facts:** One 1/2 cup serving provides 150 calories, .5g total fat, 0mg cholesterol, 0mg sodium, 38g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

### Chef's Choice

Homemade Applesauce  
Oatmeal Cookie  
Low Fat Milk

## Homemade Applesauce

*It's yummy either hot or cold!*

8 servings

### 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:

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.

**Nutrition Facts:** One 1/2 cup serving provides 150 calories, .5g total fat, 0mg cholesterol, 0mg sodium, 38g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

## Homemade Applesauce

*It's yummy either hot or cold!*

8 servings

### 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:

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.

**Nutrition Facts:** One 1/2 cup serving provides 150 calories, .5g total fat, 0mg cholesterol, 0mg sodium, 38g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

### Chef's Choice

Homemade Applesauce  
Oatmeal Cookie  
Low Fat Milk