

Applesauce

Servings: 6 Prep Time: 10 minutes Cook Time: 20 minutes

Ingredients:

- 6 apples, peeled and chopped
- 1/4 teaspoon cinnamon
- 1/2 cup water to cover bottom of pot

Directions:

- 1. Chop apples, the smaller the pieces of chopped apple the faster the cook time
- 2. Place all of the ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with a lid.
- 3. Simmer apples for about 20 minutes or until soft.
- 4. Remove the pot from the heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.

http://www.kimshealthyeats.com/easy-homemade-applesauce/





Baked Apples



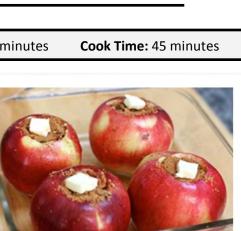
Servings: 6 (1 apple per serving) Prep Time: 10 minutes Cook Time: 45 minutes

Ingredients:

- 6 apples
- 1 large lemon
- 3/4 cup chopped nuts (optional)
- 1/2 cup raisins
- 1/4 cup brown sugar

Directions:

- 1. Preheat oven to 350 degrees.
- 2. Rinse apples.
- 3. Remove stems, cut 1-inch wide hole out of the top of each apple. Cut into the hole to remove and scoop out the core and seeds.
- 4. Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard seeds.
- 5. In a second small bowl, mix nuts (if using), raisins and brown sugar.
- 6. Stuff the center of each apple with 1 heaping Tablespoon of the walnut mixture. Sprinkle a pinch of cinnamon over the top of each apple. Place stuffed apples upright in the baking dish. Pour the lemon juice around them.
- 7. Bake for 35-45 minutes, or until the skin is wrinkly. Spoon some of the pan juice over the apples about halfway through cooking time to keep the apples moist.
- 8. Remove from oven. Let cool slightly before serving.





Applesauce Muffins

Servings: 12 muffins Prep Time: 5 minutes Cook Time: 20 minutes

Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup unsweetened applesauce
- 1/2 cup butter, melted

Directions

- 1. Heat oven to 375 degrees.
- 2. Spray muffin tins with nonstick spray.
- 3. Mix flour, sugar, baking powder, cinnamon and salt in a bowl.
- 4. Mix in beaten egg, applesauce and melted butter (by hand, not a mixer).
- 5. Evenly scoop mixture into muffin pans.
- 6. Bake for 18-20 minutes. Test to see if toothpick comes out clean.

http://www.food.com/recipe/easy-applesauce-muffins-389287





Applesauce Oatmeal

Servings: 4 Prep Time: 10 minutes Cook Time: 4 minutes

Ingredients:

- 1 cup quick oats
- 2 cups water
- 1 pinch salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla
- 1 Tablespoon brown sugar (packed)
- 3/4 cup applesauce

Directions:

- 1. Mix the water, oats, salt, cinnamon, ginger, and vanilla in medium sauce pan.
- 2. Bring to a boil and reduce heat to just above medium.
- 3. Continue boiling for 3 minutes.
- 4. Add sugar and stir.
- 5. Add applesauce and stir.
- 6. Scoop into bowls and add small amount of milk (do not stir).

http://www.food.com/recipe/applesauce-oatmeal-17006

