

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.kimshealtheats.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>

