

# Family Recipe

## EASY APPLESAUCE

Serves 4-6

### INGREDIENTS

4 medium apples (recommended: fuji or gala variety)

1 cup of water

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

### DIRECTIONS

1. Peel and slice apples, removing the core.
2. Place in pot.
3. Add 1 cup of water, 1/4 teaspoon of cinnamon and 1/8 teaspoon of nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

*Recipe adapted from [www.kidsoup.com](http://www.kidsoup.com)*

