

Apple Sauce

serves 4

It's so easy to make. Leave the peel on if you'd like to make it even easier!

Ingredients:

4 apples – peeled, cored and chopped

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup white sugar

$\frac{1}{2}$ teaspoon ground cinnamon



Instructions:

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Suggestions:

Serve hot or cold.

You can change the flavour by leaving the cinnamon out, adding ground cardamom, and/or adding a little grated fresh ginger.

Try making apple sauce with different types of apples; the texture and taste will vary.

Delicious by itself, or serve with yogourt, ice cream or potato latkes.

Enjoy!