



A Nutrition Resource

# EASY APPLESAUCE

**Yield: 6 Servings | Serving Size: 1/2 cup**

**Cost/Serving: \$0.47**

## Ingredients:

4 medium apples

1 cup water

1/4 tsp cinnamon

1/8 tsp nutmeg

## Directions:

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and 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.

## Nutrition Facts

6 servings per container

**Serving size 1/2 cup (0.0g)**

**Amount Per Serving**

**Calories 50**

**% Daily Value\***

**Total Fat 0g 0%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 14g 5%**

Dietary Fiber 1g 4%

Total Sugars 11g

Includes 0g Added Sugars 0%

**Protein 0g**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.1mg 0%

Potassium 100mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Recipe adapted from Harvest for Healthy Kids and MT Harvest of the Month*

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