

APPLESAUCE

A Mobile Market Recipe



Makes: 2-4 Servings

Ingredients:

2 apples

Water

Optional:

Cinnamon

Sugar

Instructions:

1. Wash the apples.
2. You can keep the skin on or peel the apples.
Keeping the skin on results in a lovely pink color after blending!
3. Cut out the core and cut the apples into chunks.
4. Place the apples in a small pot and add water to almost cover them.
5. Bring to a boil and then reduce the heat to medium-low. Cook for 15 minutes, or until very soft.
6. For a chunkier version, mash with a fork. For a smoother version, blend in a food processor or blender.
7. If the peels have stayed intact, you can strain the sauce through a wire strainer to remove them.

