



# Microwave Applesauce



## Ingredients

- 6 **apples**, peeled, cored and quartered or chopped (about 8 cups)
- ¼ cup **water**
- ¼ cup **sugar (or less to taste)**
- ¼ teaspoon **cinnamon**

## Directions

1. Wash hands with soap and water.
2. Place apples and water in a 2 quart microwave safe dish. Cover with microwave-safe cover.
3. Cook on HIGH for 10 to 12 minutes or until the apples are soft enough to mash.
4. Use a potato masher or fork to make chunky applesauce.
5. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
6. Serve warm or chilled. Refrigerate leftovers within 2 hours.

## Notes

Frozen apple slices work great in this recipe.

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**Makes:** 3 1/2 cups  
**Prep time:** 15 minutes  
**Cooking time:** 15 minutes



## Nutrition Facts

Servings per container 7	
Serving size 1/2 cup (154g)	
<b>Amount per Serving</b>	
<b>Calories</b>	<b>90</b>
<i>% Daily Value*</i>	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0 %</b>
<b>Sodium</b> 0mg	<b>0 %</b>
<b>Total Carbohydrate</b> 25g	<b>9 %</b>
Dietary Fiber 2g	<b>7 %</b>
Total Sugars 21	
Includes 7g Added Sugars	<b>14 %</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0 %</b>
Calcium 8mg	<b>0 %</b>
Iron 0mg	<b>0 %</b>
Potassium 125mg	<b>2 %</b>
Vitamin A 3 mcg	<b>0 %</b>
Vitamin C 6mg	<b>7 %</b>

\*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.