

Instant Pot Applesauce

Delicious homemade applesauce just got easier, made in the instant pot or slow cooker. This Instant Pot applesauce recipe has no added sugar and can be made in just 15 minutes.



4.89 from 159 votes

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Course: Side Dish, Snack Cuisine: American Servings: 8
Calories: 58kcal Author: Lauren Allen

Equipment

- Johnny Apple Slicer

Ingredients

- 4 large Granny Smith apples , peeled, cored and roughly chopped (or Golden Delicious apples)
- 4 large Honeycrisp apples , peeled, cored and roughly chopped
- 1 cup water
- 1 Tablespoon fresh lemon juice (from about 1/2 a lemon)
- 1/2 teaspoon ground cinnamon

Instructions

1. Peel and core apples. I use a johhny apple peeler to do all three steps at once (peel, spice and core).
2. Add water, lemon juice and cinnamon to instant pot and stir to combine. Add apples and toss to mix.
3. Secure lid and cook on manual (high pressure) for 8 minutes. Do a controlled quick release or allow the pressure to naturally release.
4. Mash the apple mixture a few times with a potato masher, if desired. (If you like a smoother texture you could pulse it in the blender.)
5. Transfer contents to a bowl and allow to cool completely. Stir in more cinnamon, if desired, to taste.
6. Enjoy warm or cold. Store in the fridge for up to 7-10 days.

Notes

Makes about 5-6 cups applesauce

***Directions for making applesauce in the slow cooker are detailed above in the post.**

Nutrition

Calories: 58kcal | Carbohydrates: 15g | Sodium: 2mg | Potassium: 119mg | Fiber: 2g | Sugar: 11g | Vitamin A: 60IU | Vitamin C: 5.9mg | Calcium: 7mg | Iron: 0.1mg