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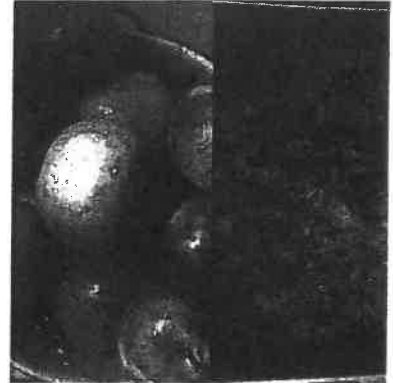
Microwave Applesauce

Serves 7

Serving size: 1/2 cup

Ingredients

6 apples, peeled, cored and quartered or
chopped (about 8 cups)
1/4 cup water
1/4 cup sugar (or less to taste)
1/4 teaspoon cinnamon



Directions

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

Nutrition facts for 1/2 cup: 90 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 25g total carbohydrate, 2g dietary fiber, 21g total sugars, 7g added sugars, 0g protein, 0mcg Vitamin D, 8mg calcium, 0mg iron, 125mg potassium, 0% calories from fat

Source: University of Oregon www.foodhero.org

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