

Homemade Applesauce



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PREP TIME: 20 minutes COOK TIME: 25 minutes TOTAL TIME: 45 minutes SERVINGS: 4

Ingredients

3 pounds apples *peeled, cored, and chopped (about 6 medium apples)*
1/3 cup water 2-4 tablespoons sugar* *or to taste* 1/2 teaspoon cinnamon

Instructions

1. Combine all of the ingredients in a sauce pan and bring to a boil. Reduce heat to a low simmer and cover.
2. Cook the apples for 15-20 minutes or until the apples are very tender. Remove the pan's lid and simmer for an additional 5 minutes to thicken.
3. Now that your apples are very tender and thickened, crush and mash up your apples with a masher for a chunky consistency or blend/puree with an immersion blender for a smooth consistency.
4. Serve warm or chilled and enjoy your healthy snack!

Recipe Notes:

You may need more or less sugar based on the variety of apples. If your apples are very sweet, you may like to reduce the sugar to 2 tablespoons. If they're very tart, you may like to add more sweetener. Mash with a potato masher for a chunkier consistency or use an immersion blender to create a smoother apple sauce.

NUTRITION INFORMATION

Calories: 201, Carbohydrates: 53g, Protein: 1g, Fat: 1g, Saturated Fat: 1g, Sodium: 5mg,
Potassium: 364mg, Fiber: 8g, Sugar: 41g, Vitamin A: 184IU, Vitamin C: 16mg, Calcium: 20mg, Iron: 1mg

With only 4 ingredients and the bounty of apples available at stores and at food pick-up sites, this recipe is a great opportunity for little ones to take a "brain break" from online learning. Engage in this hands-on activity to introduce S.T.E.A.M. concepts and to practice early literacy with the following prompts:

- ⇒ *Count the number of apples/ingredients used*
- ⇒ *What color are the apples/ingredients?*
- ⇒ *Compare/contrast the size of different measuring cups and spoons—which one is small? Which one is bigger?*
- ⇒ *Allow time to interact with ingredients and compare/contrast how they feel, smell, look, and taste (do not touch anything while it is cooking—avoid any hot surfaces and ingredients).*
- ⇒ *Read books and stories about apples; ask your child to tell you what they know/like/do not like about apples. Allow them to create their own stories and most of all—have fun!*



View more LIVE Pre-school storytimes on Wednesdays at 11:30 a.m. on the Library's Facebook and Instagram @anaheimlibrary. All storytimes will be archived until December 31, 2020.