



## Applesauce

*Makes 8 servings*

**7-8 apples**

**½ cup water**

**¼ cup sugar**

Wash and peel apples, then cut into quarters, removing core. Combine apples and water into saucepan. Heat to boiling, then turn heat to low. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking. Stir in sugar and heat until sugar is dissolved. Add 1 tablespoon cinnamon and stir before serving.

*Variation: Additional sugar can be added to increase sweetness. Brown sugar can be used instead of white.*



Recipe Source: Michigan State University Extension

# Farmers Market Food Safety Tips

## Using, Storing and Preserving Apples

- You can store apples in the refrigerator in a plastic bag with holes for ventilation. Store large quantities of apples in a cool place, between 32 and 40 degrees F. Properly stored apples will keep up to a month. Store canned apple products in a cool, dry area.
- Wash hands before and after handling fresh produce.
- Wash fruit thoroughly under cool running water. Do not use soap.
- Recommended varieties for baking and cooking include Jonathan, Empire, Ida Red, McIntosh and Golden Delicious.

## Nutritional Info Per Serving:

**88 calories; 0g fat**

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