



Maple-Cinnamon Applesauce



Cook
20 m

Ready In
50 m

Recipe By: EatingWell Test Kitchen

“Turn fresh fall apples into delicious maple-and-cinnamon-spiked homemade applesauce with this easy recipe.”

Ingredients

- 6 McIntosh or other tart apples, peeled and cut into 1-inch pieces
- 2 Golden Delicious or other sweet apple, peeled and cut into 1-inch pieces
- 1/4 cup water
- 2 tablespoons pure maple syrup
- 1/2 teaspoon ground cinnamon

Directions

- 1 Combine apple pieces and water in a large saucepan. Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes. Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

Make Ahead Tip: Refrigerate for up to 2 weeks or freeze for up to 6 months.

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Nutrition information

Serving size: 1/2 cup

Per serving: 104 calories; 0 g fat(0 g sat); 2 g fiber; 27 g carbohydrates; 1 g protein; 0 mcg folate; 0 mg cholesterol; 22 g sugars; 0 g added sugars; 70 IU vitamin A; 7 mg vitamin C; 17 mg calcium; 0 mg iron; 1 mg sodium; 179 mg potassium

Carbohydrate Servings: 1

Exchanges: 1 fruit