

Maple Applesauce

Even though it's easier and faster to just open a jar of store bought applesauce, it won't make the house smell as good as making your own!

Ingredients:

1. 5 medium sized apples
Feel free use a mix of apples. Some tart, some sweet. Experiment with the sweet/tart by balancing with the maple sugar.
2. ½ cup water
3. 1 Tablespoon lemon juice
4. ¼ teaspoon cinnamon
5. 1/8 teaspoon nutmeg
6. 3-4 Tablespoon pure maple syrup
7. 1-2 Tablespoon maple sugar (optional)

Directions:

- Core and roughly peel apples. Then cut into even, medium size chunks.
- Place apples in a pan with water and lemon juice. Cover and cook for 15 minutes or until apples are soft.
- Add spices, maple syrup, and maple sugar (if using)
- Mash with potato masher if you like your applesauce chunky. Puree with an immersion blender if you prefer it smooth.