

Baby's First Apple Sauce



This recipe freezes well so make a huge batch and freeze in small containers until needed

Makes 8 servings

4 medium organic apples, peeled, cored

purified water

organic cinnamon

Roughly chop apples and place in saucepan. Add about 1" of water into the pan and bring to boil. Lower heat, cover and simmer gently until apples are tender ~ approximately 10 minutes. Don't cook to the point where apples resemble applesauce as the end product will be overcooked and full of water.

Remove the apple pieces from saucepan, purée or mash. Add a pinch a cinnamon. Stir well.

Serve warm or room temperature.

Prepare Ahead Tip

Cool applesauce completely. Place in small, airtight containers with lids. Freeze until needed. Remove from freezer and thaw in refrigerator. Bring to room temperature when thawed. Serve warm or room temperature.

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