

# Homemade Apple Sauce

## INGREDIENTS:

- 2 apples (peeled, cored and diced)
- 2 tbsp brown sugar
- 1 tsp cinnamon
- ¼ cup + 2 tbsp water



## DIRECTIONS:

1. Peel and core and dice apples. Place apples, water, brown sugar and cinnamon in a medium sauce pan on medium heat.
2. Mix everything together and cover. Cook for 10 – 20 minutes or until apples are easily mashed with a fork.
3. Take apples off heat and allow to cool slightly.
4. With a fork or potato masher, mash apples until a sauce consistency appears.
5. Enjoy!

## Fun Facts!

- Apples are mainly made up of carbohydrates and water. They also contain fiber, which moderates blood sugar levels and promotes gut health.
- Cinnamon contains large amounts antioxidants.