



**FRESH
CONNECT**
BUCKS COUNTY

recipe

Maple Cinnamon Apple Sauce

NAME OF DISH

INGREDIENTS

6 McIntosh or other tart apples,
peeled and cut into 1-inch pieces
2 Golden Delicious or other sweet
apples, peeled and cut into 1-inch
pieces
¼ c water
2 Tbsp pure maple syrup
½ tsp ground cinnamon



INSTRUCTIONS

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.

Nutrition facts (1/2 c): 104 calories, 0g fat (0g sat fat), 2g fiber, 1g protein, 27 g carbohydrates, 22g sugars; 3g added sugars, 7 mg Vit C, 70 IU Vit A, 17 mg calcium, 1 mg sodium, 179 mg potassium

Recipe from eatingwell.com

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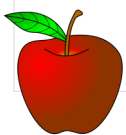
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