

Snow White APPLESAUCE

INGREDIENTS:

- ☞ 4 apples - peeled, cored and chopped
- ☞ ¾ cup water
- ☞ ¼ cup white sugar
- ☞ ½ teaspoon ground cinnamon (optional)

DIRECTIONS:

1. In a saucepan, combine apples, water, sugar, and cinnamon.
2. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft.
3. Allow to cool, then mash with a fork or potato masher.