

Apple Sauce



This may sound like an overly simple recipe, I have been making it for years - but since many of the recipes that I bake and cook call for apple sauce it occurred to me that store bought often includes things like salt, sugar, and other preservatives. Nothing can be easier than making your own and it tastes far better. In addition to baking, I use it as a mix in for oatmeal and just as is for a snack. A great way to use up apples hanging around that might not be as great for eating (cut out any brown spots before making).

6-8 Apples (really can use as few or as many as you have)
Water to cover
Cinnamon

Wash and core apples cutting into large chunks. Leave peels on. Put in saucepan cover with water and bring to boil, reduce to simmer, and cook till apples are soft, not falling apart, probably about 10-15 minutes depending on apples. Drain and place in a foley blender and process the apples into a bowl, leaving the skins behind.



It occurred to me that people may not have a foley blender or know what one is (I have my grandmothers). I have a picture below. I looked at other recipes and they suggest peeling the apples first then mashing with a potato masher (chunky sauce) or an immersion blender (smoother). I am sure the flavor will still be delicious. Sprinkle with cinnamon if eating as is! Will keep well in the refrigerator.