



A Nutrition Resource

# EASY APPLESAUCE

**Yield: 6 Servings | Serving Size: 1/2 cup**

**Cost/Serving: \$0.47**

## Ingredients:

4 medium apples

1 cup water

1/4 tsp cinnamon

1/8 tsp nutmeg

## Directions:

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (0.0g)

**Amount Per Serving**

**Calories** **50**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.1mg **0%**

Potassium 100mg **2%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Recipe adapted from Harvest for Healthy Kids and MT Harvest of the Month*

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION