



FOOD DRINK AND CONVERSATION  
FROM AROUND THE TABLE

## **Homemade Applesauce – No Sugar Added**

8-10 medium apples, peeled, cored and cut in chunks  
I used a variety of apples. Some suggest only cooking apples.  
2 Tablespoons lemon juice  
3/4 cup water  
1 teaspoon cinnamon  
1/2 teaspoon salt

Peel, core and cut the apples into 1 inch chunks. Put them in a sauce pan and add the lemon juice. Stir them around. Add the water and the cinnamon and salt. Put the pan on high heat until it boils. Lower the heat and cover. Simmer for 20-30 minutes. For smoother applesauce, use a potato masher to mash large chunks.

Serve hot or cold. Keep in airtight container in the fridge or freeze for up to a year.