



## Easy Applesauce

Get kids involved in mashing apples for a fun and easy treat.

Source: *Harvest for Healthy Kids*

### Servings

6

### Ingredients

- 4 medium apples
- 1 cup water
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg

### Preparation

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.



### Did You Know?

The Bitterroot Valley and other areas in the western and south-central part of Montana are the largest apple producing areas in the state.

## Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:  
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