

## APPLESAUCE

- 2+ California Apples, Peeled
- ¼ cup (60 mL) water
- Pumpkin Pie Spice, to taste
- ½ tsp (2½ mL) Vanilla Extract
- 1 tsp (5 mL) Honey (optional)

Wash and quarter apples. Discard stems and blossom end.

Microwave: Combine apples and water in a three quart bowl. Cover; cook 8 to 10 minutes, stirring halfway through cooking period. Mash California apples coarsely with potato masher or pastry blender

Range: combine apples and water in a heavy saucepan. Cover, bring to a boil and simmer over low heat, stirring often, 15 to 20 minutes, until tender.

Force fruit through a sieve or food mill. Add sugar to taste while hot. Makes 6 servings.

## CUSTOM-MADE APPLESAUCE

- 8 apples peeled, cored and cut in chunks (Golden Delicious, Granny Smith, Newton Pippin, Rome Beauty or Winesap may be used)
- 1/3 C water
- 1/4 C sugar

Flavorings:

- 1 t grated lemon peel
- 1 t vanilla extract
- 1/4 t ground cinnamon
- 1/4 t nutmeg

In 2-quart microwave-safe dish, combine apples and water. Cover with lid or vented plastic wrap and microwave on High (100 %) 12 to 14 minutes or until apples are tender. (If microwave does not have carousel, rotate dish every 4 minutes.) Stir in sugar and one choice of flavoring. Makes 4 C. This is an official 5 A Day recipe.

## MICROWAVE APPLESAUCE

- 6 apples, peeled and sliced
- 1/4 C water
- 1/3 C sugar
- 1/4 T cinnamon

Place all ingredients in a 2-quart microwave safe baking dish. Cover and cook on high power 6 to 8 minutes. Using a food processor, process until smooth. Makes 8 servings. This is an official 5 A Day recipe.

### SPICED APPLE CIDER

Always read the label and make sure you are purchasing pasteurized apple cider. Raw, unpasteurized cider may contain harmful bacteria.

- 1 gallon naturally sweet apple cider
- 1 cup brown sugar
- 4 cinnamon sticks, broken in half
- 1 Tablespoon whole cloves
- 1 Tablespoon whole allspice
- 1/2 teaspoon mace (optional)

Tie cinnamon, cloves, allspice and mace together in cheesecloth or use a coffee filter tied with string. Combine cider and brown sugar in a large pot. Add spices. Bring mixture to a slow boil. Then turn heat down and simmer for 5 to 10 minutes. Remove spice bag from pot. Serve hot cider in mugs. Spiced Apple Cider may be kept warm in a crock-pot (slow cooker) on low setting. Yield 18 servings.