Homemade Applesauce

It's yummy either hot or cold!

**Level:** Easy          **Makes:** 4 cups

**Ingredients:**
- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- ½ to ¾ cup sugar
- ½ cup water
- 1 teaspoon ground cinnamon

**Directions:**

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

**Helpful Hints:** Apples are available year around, but the best buys are September to February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. A 3-pound sack of apples equals about 12 medium apples or 12 cups of sliced apples.

**Safety Tip:** Apples should be washed before being eaten or cooked. Washing helps remove dirt, germs and any pesticides that may be on the skin. Even if you are going to peel apples, wash first! No need for detergents; just use clean water to wash fruit and vegetables.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.