



# Grow With Me Food Recipes



**Recipe Name:** Apples / Applesauce

## Ingredients

---

## Procedure

Peel, core and cut apple into slices/chunks. Place slices or chunks into a pan with just enough water to slightly cover apples. Simply boil/steam until tender; be sure to check on the water level and stir!

---

Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. If your masher will not achieve a puree type of consistency

---

Reserve any left over water to use for thinning out the apples. Place into your choice of appliance for pureeing and begin pureeing.

---

Add the reserved water as necessary to achieve a smooth, thin puree, add cereal (if desired) to thicken.