

## Cornell University Cooperative Extension

### **APPLESAUCE:**

#### **Ingredients:**

6 – 10 apples, washed  
Sugar and cinnamon to taste

#### **Directions:**

1. Core and slice unpeeled apples into small pieces
2. Place in a large sauce pan with 2-3 cups of water
3. Cook, stirring often, to prevent apples from sticking to the bottom of the pan
4. When soft, mash the apples to a sauce consistency
5. Add sugar and cinnamon to taste
6. Serve warm and enjoy!
7. Refrigerate leftovers

Makes 6 servings

Source: Just Say Yes to Fruits and Vegetables

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### **BAKED APPLES:**

#### **Ingredients:**

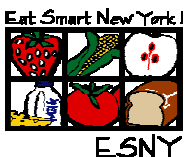
4-6 apples  
2 Tablespoons brown sugar  
1 cup water, juice or cider  
¼ cup raisins (optional)  
Cinnamon (optional)

#### **Directions:**

1. Preheat oven to 350 degrees F
2. Wash apples, Cut in half length wise. Remove seeds
3. Place apple halves, cut side up in baking dish
4. Sprinkle apple halves with brown sugar and raisins
5. Pour water, juice or cider over apples
6. Sprinkle with cinnamon
7. Bake for 30 minutes, until apples are tender
8. Serve as a dessert or snack
9. Refrigerate leftovers

Makes 5 servings

Source: Just Say Yes to Fruits and Vegetables



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