



Chunky Applesauce

Yields 4 servings (1/2 cup each)

Ingredients

- 4 medium apples, diced small
- ¼ cup apple cider (optional)
- ⅛ teaspoon cinnamon
- 1 cup water

Instructions

1. Add apples, cider, cinnamon and 1/4 cup water to a saucepan, over low-medium heat, and stir ingredients together.
2. Cover and let cook for about 15 minutes; check apple mixture every few minutes and stir. If it looks dry, add water, but no more than 1/4 cup at a time.
3. When apples are soft, use a potato masher or the back of a spoon to mash to the consistency you like.

Helpful Information

- Enjoy this applesauce hot or cold! Tastes great on top of oatmeal, yogurt or on its own.
- Experiment! Add cranberries, raisins, nuts or any other of your favorite additions.
- Keep the skin on the apple for more fiber and nutrients.
- Store in the refrigerator for up to a week in a sealed container.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 4	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 0g	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

Source: Adapted from GrowNYC Greenmarket Recipe “Chunky Applesauce” part of CUCE-NYC FMNP Recipe Collection 2014



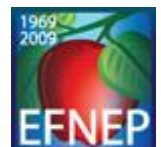
Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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Puré Crujiente de Manzana

Rinde 4 raciones (1/2 taza cada una)

Ingredientes

- 4 manzanas medianas, cortadas en trozos pequeños
- ¼ taza de sidra de manzana (opcional)
- ⅛ cucharadita de canela en polvo
- 1 taza de agua

Instrucciones

1. Agregue las manzanas, la sidra, la canela en polvo, y ¼ de taza de agua a una olla a fuego mediano. Mezcle los ingredientes.
2. Cubra y deje cocinar por aproximadamente 15 minutos. De vez en cuando mezcle los ingredientes, si luce seco añádele un poco de agua, pero no mas de ¼ de taza cada vez.
3. Cuando las manzanas esten suaves use un majador de papas o la parte trasera de una cuchara para darle la consistencia de pure que usted desee.

Información Útil

- Disfrute el pure de manzana caliente o frio! Es un excelente acompañamiento para la avena, el yogur o simplemente solo.
- Experimente! Agregue arándanos, pasas, nueces, o cualquiera otro de sus ingredientes favoritos.
- Mantenga la piel de la manzana por su contenido nutricional y la fibra.
- Mantengalo en un embase sellado en su nevera hasta por una semana.

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