

Homemade Applesauce

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 10-12 organic apples, cored and sliced into chunks (any kind -- royal gala, pink lady, honey crisp, fuji)
- 1 tsp organic ground cinnamon
- Filtered water (see below)

Instructions:

1. Preheat oven to 350F degrees.
2. Place apple slices in a large baking dish. I used my Le Creuset pot.
3. Sprinkle apples with cinnamon. Add enough water to the pot to come up about a quarter of an inch on the sides. This is to help bake the apples by creating steam.
4. Bake covered for 35 to 40 minutes or until apples are soft.
5. Once finished baking let cool slightly then transfer to a blender or a food processor and blend until smooth*.
6. Refrigerate for 1 week or freeze for a few months.

Notes:

*I blended until the applesauce was super smooth because I'm using it as a baby food for my 6 month old. If you are making it for yourself or an older child then you could blend less to have some nice chunks.