



Cornell University
Cooperative Extension
New York City



Chunky Applesauce

Yields 4 servings (1/2 cup each)

Ingredients

- 4 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.

Nutrition Facts	
Servings per recipe	4 servings
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 8mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

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.

Source: Adapted from GrowNYC Greenmarket Recipe “Chunky Applesauce”
part of CUCE-NYC FMNP Recipe Collection 2015

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

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

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

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Puré de Manzana con Trozos

Rinde 4 raciones (1/2 taza cada una)

Ingredientes

- 4 manzanas, 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, y un ¼ de taza de agua a una olla a fuego mediano. Mezcle los ingredientes.
2. Cubra y déjelo cocinar alrededor de 15 minutos. Revise la mezcla de manzana cada pocos minutos y muévela. Si luce seco añada agua, pero no más de un ¼ de taza cada vez.
3. Cuando las manzanas estén suaves, use un majador de papas o la parte trasera de una cuchara para darle la consistencia de puré que usted desee.

Información Útil

- ¡Disfrute este puré de manzana caliente o frío! Sabe delicioso encima de avena, yogúr o simplemente solo.
- ¡Experimente! Agregue arándanos, pasas, nueces, o cualquiera de sus ingredientes favoritos.
- Use la manzana con su cáscara para tener más nutrientes y fibra.
- Guárdelo en un envase sellado en el refrigerador hasta por una semana.

Source: Adapted from GrowNYC Greenmarket Recipe “Chunky Recipe”
part of CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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