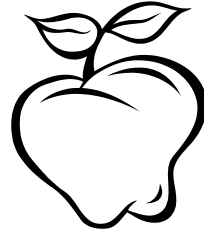


Homemade Applesauce

Ingredients:

- 4 apples, peeled, cored, and slightly chopped
- 3/4 cup water
- 1/2 teaspoon cinnamon (optional)



Directions (Stovetop):

- 1) In a saucepan, combine apples, water, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Directions (Crockpot):

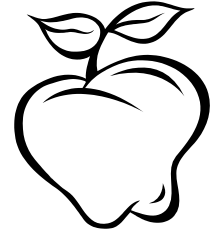
- 1) Combine apples, water, and cinnamon in slow-cooker. Cook on “high” setting for 3-4 hours. Mash as necessary.



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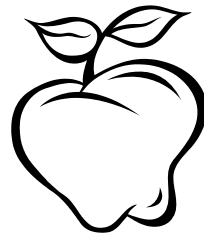
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