



# Homemade Apple Sauce with Oats



## THE ABC'S OF APPLES

*Apples are one of the easiest fruits to pick and use. They are delicious, not easily bruised, and most varieties store well. Apples can be eaten fresh, cooked, frozen, and made into many tasty and healthy dishes! Thanks to a global marketplace, apples are found in grocery stores all year round. In the United States, the apple season runs from the end of summer through early winter. Instead of buying apples at a grocery store, go apple picking with your family or buy from your local farmer to have fresh, nutrient dense apples!*

### INGREDIENTS

- 4-6 medium sized apples
- 2 tsp ground cinnamon
- ½ cup water
- ½ cup oats

### DIRECTIONS

1. Wash apples, then cut into quarters and remove core, leaving the skin on.
2. Add apples into a medium-sized pot with a little water and bring to boil, stirring occasionally.
3. Add cinnamon.
4. Lower the heat and simmer until the apples have softened, about 15 minutes.
5. Puree your apple sauce with a potato masher or an immersion blender, or just leave as is for a chunkier texture.
6. Serve alone or with whole grain flakes such as oats or flaked spelt.

*This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free*