



Cinnamon Applesauce

FLYNTKIDSCOOK

Makes 1 cup of applesauce

Ingredients

- 2 Apples, any variety
- 1/4 cup Water
- 1/2 tsp Cinnamon
- 1 tsp Sugar
- 1 pinch Nutmeg

Supplies & Equipment

- Vegetable peeler
- Knife
- Cutting board
- Microwave-safe bowl
- Liquid measuring cup
- Measuring spoons
- Microwave-safe plastic wrap ~or~ lid for bowl
- Fork

Directions

1. Peel, core, and slice apples. Place slices in a microwave safe bowl.
2. Pour water over apples and sprinkle with cinnamon. Cover bowl with microwave-safe plastic wrap ~or~ a lid (if the bowl has one). Leave a small corner uncovered to allow steam to be released when cooking.
3. Microwave covered bowl on high for 5 minutes. Then remove the cover and microwave an additional 2-3 minutes, until apples are very soft and tender.
4. Carefully remove dish from the microwave (it will be hot!) and mash apples with a fork.
5. Add sugar and nutmeg, stir, and enjoy!

*Inspired by recipe at [food.com](https://www.food.com)

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