

## Chunky Applesauce

Yields 4 servings (½ 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 ¼ 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 ¼ 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.

### 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**

Nutrition Facts	
Servings per recipe	4 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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.

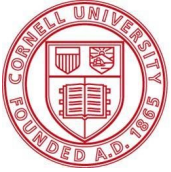
Label analysis based on ingredients listed.

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





Cornell University  
Cooperative Extension  
New York City



## 苹果酱

份量 4 份 (每份 ½ 杯)

### 原料

- 4 个苹果，切成小块
- ¼ 杯苹果酒 (可选)
- ⅛ 茶匙肉桂
- 1 杯水

### 指示

1. 将苹果、苹果酒、肉桂和 ¼杯水放入平底锅中，用低中火加热，并将成分搅拌在一起。
2. 盖上盖子煮约15分钟；每隔几分钟检查一次苹果混合物并搅拌。如果看起来很干，请加水，但一次不要超过 ¼杯。
3. 当苹果变软时，使用土豆捣碎器或勺背捣碎至您喜欢的稠度。

### 小窍门

- 享受这个苹果酱热或冷！与燕麦片、酸奶搭配或单独食用味道**极佳**。
- 实验！添加蔓越莓、葡萄干、坚果或任何其他**你**最喜欢的添加。
- 保留苹果皮以获得更多纤维和营养。
- 密封容器中可在冰箱中保存长达一周。

资料来源：改编自 GrowNYC Greenmarket 食谱“厚块苹果酱”

CUCE-NYC FMNP Recipe Collection 2015 的一部分

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：**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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Nutrition Facts	
Servings per recipe	4 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
% 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.

