



## Crock Pot Applesauce

Use any size crock pot; whatever size you use, you will fill with apple slices. When finished, your applesauce will fill about  $\frac{1}{2}$  to  $\frac{2}{3}$  of the crock pot.

Apples: Any kind of apples will work. Golden Delicious and McIntosh are the traditional applesauce apples. But Honey Crisp, Gala, SweeTango, Fuji, Jonathan or whatever kind of apples you prefer all make a wonderful applesauce. Try making your applesauce with two or more varieties!

### Directions:

- Lightly spray your crock with cooking spray. (Or wipe with a lightly greased paper towel.) This will make clean-up much easier.
- Peel, core, and slice your apples. Fill your crockpot to the very top with apple slices.
- Add about  $\frac{1}{2}$  cup water (or apple juice or apple cider for an even more intense flavor).
- Add a dash of lemon juice.
- (Optional) Add about  $\frac{1}{4}$  cup of sugar. *I skip this step; I'll tell you why below.*
- Cover and cook on LOW for 5-6 hours, or until desired consistency. You can stir the sauce occasionally if you'd like.
- (Optional) About  $\frac{1}{2}$  hour before you think the applesauce will be ready, add a handful of red cinnamon hearts. This will give your applesauce a nice blush color and add a hint of cinnamon and sweetness. *Pink was my grandmother's favorite color, and she always added cinnamon hearts to her applesauce!*
- Enjoy your applesauce warm or cold. Keeps well in the refrigerator for several days.