



Elliott Evans Nutrition, LLC
Prevent and Protect
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FRESH APPLESAUCE

SOUTHERN LIVING (9/2011)

12 large apples*, peeled and coarsely chopped (6 ½ lbs)
1 cup of sugar
½ lemon, sliced

- **Bring all ingredients to a light boil in a Dutch oven over medium-high heat. Reduce heat to medium-low, and simmer stirring often, 25-30 minutes or until apples are tender and juices thicken.**
- **Remove and discard lemon slices.**
- **Serve warm, or let cool to room temperature (about 2 hours).**
- **Store in an airtight container in refrigerator up to 2 weeks.**

*** For the best taste and texture, use a variety of apples**