

Applesauce

Use tart, sweet apples (Jonathan).

Don't peel the apples. Quarter apples and remove seeds.

Boil in a large pot with less than 1 inch of water (apples will not be submerged) until apples are very soft, about 15-20 minutes.

Use a slotted spoon to take apples and peels out and put through a food mill. Peel will not make it through the food mill, but add nice color and fiber.

Use about 1/4 cup sugar and sprinkle cinnamon to taste.