



SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

APPLESAUCE

YIELD: 4 SERVINGS | **TIME:** 4½–6½ HOURS (LOW) OR 2½–3½ HOURS (HIGH)

APPLESAUCE

INGREDIENTS



**6 medium
apples**
(wrinkled)



1-2 Tbsp
lemon juice



1 Tbsp
cinnamon
(optional)



1-2 Tbsp
maple syrup or
sugar of choice
(optional)

FOOD SAVING HACKS

Make more than applesauce! Use other overripe or bruised fruits like pears, peaches or berries with or without apples for a flavorful spin on a classic.

INSTRUCTIONS

1. Core and chop the apples into chunks.
2. Place the apples in the crock pot, and add the lemon juice. Add cinnamon and maple syrup or sugar if desired.
3. Cover and cook on low for 4–6 hours or on high for 2–3 hours. Apples should be very soft and easy to mash.
4. Use a potato masher for chunky sauce or blend with an immersion blender for smooth applesauce.
5. Add more cinnamon or sweetener if needed, and stir well.
6. Enjoy warm or chill in the fridge.

SAVE MORE THAN FOOD! Don't put the stems, cores or peels in the landfill! They are perfect for backyard composting, curbside collection or drop-off compost locations.



WATCH US MAKE IT!

Scan the QR code for a step-by-step video.

SWACO
FROM WASTE TO RESOURCES