

Side | Snack

Homestyle Apple Sauce

Side Effect: Diarrhea

15 Mins
Prep Time

15 Mins
Cook Time

8
Servings

 **95 Calories** **0g Fat** **15g Carbs** **0g Protein**



Ingredients

 **8 Servings** • **½ Cup Serving Size**  **30 Mins Total Time**  **Allergens: None**

4 Medium Sweet Red Apples (Gala, Honey Crisp, Red Delicious) peeled, **washed**, cored and chopped 

4 Medium Tart Apples (Granny Smith), peeled, **washed**, cored and chopped 

⅓ Cup Water

2 Tbsp **Pasteurized** Honey

2 Tsp Ground Cinnamon

2 Tsp Apple Cider Vinegar



Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Apples

Place peeled, cored and chopped apple pieces into a large saucepan. Add the water, **pasteurized** honey, and cinnamon and stir. Cover and bring the mixture to a simmer over medium heat. Continue to cook, stirring occasionally, until the apples are very tender, about 15-20 minutes.

3. Mash or Blend Apples

Remove pot from heat. If choosing to have chunky applesauce, mash apples with a wooden spoon to desired consistency. For smooth applesauce, blend in a food processor.

4. Season & Enjoy

Stir in apple cider vinegar. Adjust seasonings (honey, cinnamon, vinegar) as necessary. Serve warm or chilled. Enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Paring Knife



Cutting Board



Vegetable Peeler



Measuring Cups



Measuring Spoons



Large Saucepan with Lid



Spoon



Food Processor (optional)

- Use an apple peeler/corer device.
- Freeze applesauce in an airtight container for up to two months.