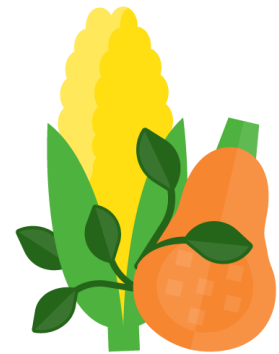


Apple Sauce



Yield: 4 servings
Preparation time: 15 minutes
Cook time: 30 minutes

Equipment:

- ❖ Cutting board
- ❖ Paring knife
- ❖ Enamel sauce pan
- ❖ Induction hot plate
- ❖ Liquid measuring cup
- ❖ Measuring spoons
- ❖ Wooden spoon
- ❖ Serving spoon













Ingredients:

- ❖ 6 apples (McIntosh preferred)
- ❖ 1 cup (250 mL) water
- ❖ 1 Tbsp (15 mL) fresh lemon juice
- ❖ 1 tsp (5 mL) sugar
- ❖ ¼ tsp (1.25 mL) cinnamon

Directions:

- ① Wash, peel, core and cut apples into quarters.
 - ② Place apples in an enamel sauce pan with the water and lemon juice.
 - ③ Bring to a boil.
 - ④ Once boiling turn the heat to medium-low and simmer for 30 minutes.
 - ⑤ Take the pan off the heat.
 - ⑥ Stir in the sugar and cinnamon.
-

Apple Tasting Evaluation

Type of Apple	Colour	Did you like it?
McIntosh	Red Yellow Green	  
Granny Smith	Red Yellow Green	  
Red Delicious	Red Yellow Green	  
Honey Crisp	Red Yellow Green	  
Gala	Red Yellow Green	