



Homemade Applesauce

5-6 large GALA apples (organic preferred)
1 tsp brown sugar (optional)
Juice of one lemon
1 cinnamon stick
1 chunk of lemon peel
½ cup water

Core, Peel, and slice apples. Put all ingredients in a pot. Bring to a boil and lower heat to simmer for 15-20 minutes. Let cool slightly. Removed cinnamon stick and lemon peel. Mash apples. Eat right away (yummy!) or store in tightly closed container in fridge for up to a week.