



SAUCY applesauce

Adapted from: The Hollister FFA Heritage Cookbook, Hollister, CA

INGREDIENTS

4 large or 6 medium apples
1 small lemon
½ cup water
1/3 cup sugar
½ tsp ground cinnamon
½ tsp ground cloves

DIRECTIONS

Combine all ingredients in a saucepan and bring to a boil. Stir constantly. Reduce heat to low and cover with a lid. Simmer the mixture about 20 to 30 minutes, or until the apples are soft. Stir constantly. Add more water if needed to keep the apples from sticking to the pan. When the apples are soft, turn off the heat, remove the lid, and cool before eating.

safety tip: don't put books or backpacks on the counter where you make food. they can carry germs, so keep them on the floor or on a separate table.



Cut on the dotted line, and enjoy making a delicious treat while discovering the importance of food safety with your young learner!

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