


# Recipe From the EarlyON Kitchen:

## *Applesauce*



4  Gala apples (or your favourite variety)

1  knife

$\frac{3}{4}$  cup  of water

1  pot

1  bowl

1  masher or fork

### **What to do:**

1. Wash your hands!
2. Wash and dry the apples.
3. Peel the apples with a knife or peeler.
4. Cut the apples in half and remove the seeds, core, and stem.
5. Cut the apples into small chunks.
6. Place the apple chunks into the bowl and add  $\frac{3}{4}$  cup of water.
7. Scoop apples and water into the pot. Children enjoy scooping and pouring.
8. Cook over medium heat for 20 minutes or until the apples are soft.
9. Remove the pot from the stove and cool for approximately 10 minutes.
10. Mash the apples to your desired texture (optional: season with cinnamon).
11. Serve and enjoy!