

Recipe - Crockpot Applesauce

Turn fresh fruit into a tasty sauce. This is a great way to use up an abundance of seasonal fruit.

Cooking large batches of fruit sauce and freezing it in containers means local fruit can be enjoyed in the winter months.



Pictured: Crockpot Apple-blueberry sauce

Equipment

- Cutting boards
- Knives
- Crockpot



Ingredients

- 9-10 pounds of apples (for a class of 28 students) or 1 apple per student
 - Note: Macintosh or Golden Delicious apples cook faster
 - For a full class of students, 2 crockpots will be needed
- $\frac{3}{4}$ cup of water per crockpot (maybe more depending how juicy the apples are)

Optional:

- 2-4 tablespoons sugar or honey (to taste)
- 2-4 teaspoons ground cinnamon
- 1 tablespoon lemon juice per crockpot

Alternative Fruits: Try using pears, plums, apricots or peaches in place of apples. Adjust the amount of water and sweetener depending on the fruit.

Directions

1. Peel, core and chop apples into 2" chunks.
2. In each crockpot combine the apple chunks, water, and any other ingredients.
3. Cook on high for 3-4 hours, checking and stirring occasionally.
4. Apple sauce is ready when the apples are mushy and falling apart.
5. For smooth applesauce, blend with a handheld immersion blender, regular blender or food processor. For chunky applesauce use a potato masher.
6. Freeze leftover sauce in freezer safe jars/containers, labelled with the date.