



Awesome Applesauce

Prep time: 10 minutes

Ingredients:

- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

Utensils:

- knife (You'll need help from your adult assistant.)
- blender or food processor
- measuring spoons
- serving bowls

Directions:

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.
4. Enjoy your awesome applesauce!

Serves: 2

Serving size: 1 bowl (half the recipe)

Nutritional analysis (per serving):

84 calories
0 g protein
0 g fat
22 g carbohydrate
2 g fiber
0 mg cholesterol
3 mg sodium
14 mg calcium
0.3 mg iron

