

## Apple Sauce

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### Ingredients

Quantity	Measure	Ingredients
	As Required	Apple

### Method

Apples/Applesauce Recommended from 4 to 6 months and above.

Vitamins: A, C, Folate

Minerals: Potassium, Magnesium, Calcium

This recipe is written so that you may use any amount of apples you wish!

1. Peel, core and cut apple into slices/chunks
2. Place slices or chunks into a pan with just enough water to slightly cover apples
3. Boil/steam until tender; be sure to check on the water level and stir, That's It! Easy Peasy!

Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. If your masher will not achieve a puree type of consistency, then follow steps 5 - 7

5. Reserve any left over water to use for thinning out the apples
6. Place into your choice of appliance for pureeing and begin pureeing.
7. Add the reserved water as necessary to achieve a smooth, thin puree
8. Add cereal (if desired) to thicken up the

Ask your pediatrician about adding some cinnamon for new tastes!

If your baby is constipated, you might also use the juice that is leftover from the cooking to mix into cereals, or with water in a bottle or sippy cup.

HINT! You may also buy an "Adult" jar of Natural applesauce from your local grocers! Make sure you buy Natural Applesauce however! Read the labels if you are unsure. The only ingredients should be apples and water or just apples! A few companies may add ascorbic acid (vitamin C) or citric acid to their Natural Applesauce; this is fine!

<http://www.wholesomebabyfood.com/FruitRecipes.htm>