

RECIPE

# Cinnamon applesauce



Ready in **25 minutes**

Serves **4 people**

## Ingredients

- 4 apples
- 3/4c water
- 1/8c sugar
- ½ vanilla bean (DO NOT use Vanilla extract)
- 2 tsp cinnamon

## Preparation

1. **Peel and cut:** peel and cut the apples and place in a pot on medium high heat
2. Add water sugar vanilla bean and cinnamon to the pot and stir until combined.
3. Cover with a lid and cook for 20 minutes or until the apples get soft. Take a soup blender or a potato masher and mash the apples until smooth or until the texture suits you.