

Applesauce



Makes:

5 servings

Utensil:

Saladmaster Food Processor
4 Qt./3.8 L Roaster with Cover

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Recipe:

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4 - 5 large baking apples, strung, use Cone #2 (optional: peel apples)
cinnamon, to taste (optional)

Directions:

1. Using the Saladmaster Machine, cut apples directly into roaster. Sprinkle with cinnamon, to taste, if desired.
2. Cover and place roaster on medium heat. When Vapo-Valve™ clicks, reduce to low and cook for approximately 15 - 20 minutes.
3. Apples are ready when tender enough to mash with a fork. Mash to desired texture.
4. Let cool. Refrigerate. Enjoy!

Tips:

- Use as a topping for spice cake.
- Great for breakfast!

Nutritional Information per

▼ Serving

Calories: 124
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 3mg
Total 33g
Carbs:
Dietary Fiber: 6g
Sugar: 24g
Protein: 1g
Analysis calculated using 5 apples and 1 tablespoon cinnamon