



Lazy Stovetop Applesauce

A faster way to make a homemade delicious, no-sugar-added treat.

Prep Time: 5 minutes

Cook Time: 45 minutes

Level of Difficulty: 

Ingredients

- 10 sweet Apples of your choice
- 3 tablespoons Unsalted Butter
- 3 Cinnamon Sticks
- 2 tablespoons Ground Cinnamon
- 3/4 cup Water



Instructions

- Wash the apples and cut them into large slices. No need to peel them!
- Throw the apples into a stockpot, and add 3/4 cup Water.
- Chop the butter into small squares, and sprinkle them into the crockpot.
- Add the two tablespoons of Ground Cinnamon into the stockpot (no need to mix it all up).
- Place the 3 Cinnamon Sticks along the top so that they are easy to find when the applesauce is done cooking.
- Turn the burner to high, and bring the water to a boil (this happens quickly because there is such a small amount of liquid in the pot).
- Once a boil is reached, reduce to a simmer.
- Place the lid on and cook for about 45 minutes, until apples are breaking down and tender.
- When done, remove the 3 Cinnamon Sticks and discard.
- For smooth applesauce, use an immersion blender in the stockpot to blend the applesauce until it is super smooth. (The peels should break down and blend in so that they are unnoticeable.)
- For a chunky applesauce, use a potato masher or fork to break up the apples, stopping when your desired texture is achieved.
- Serve warm, and store extras in mason jars in the refrigerator or freezer. Applesauce will thicken a bit more after it has chilled.