

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



EMILY'S SWIFT & SIMPLE APPLESAUCE

From the Family Garden's Children's Gardening Program:
Crafters - Fall 2014

Serves 6–8

Ingredients

2 pounds of apples, peeled and cored
2 long strips lemon peel
2 long strips orange peel
3-inch piece fresh ginger, cut into coins
1 365 Everyday Value® Cinnamon Stick
3/4 cup water
1/4 teaspoon 365 Everyday Value® Kosher Sea Salt
365 Everyday Value® Ground Cinnamon, to garnish

Instructions

Peel, core, and chop the apples into small chunks. In a 3-quart (or larger) pot, add apple along with fruit peel, cinnamon, and ginger. Cover with water and stir in salt. Bring to a simmer over high heat, and then reduce temperature. Cook covered for 20 minutes or until the apples are soft. Remove fruit peels, ginger, cinnamon stick. Using an immersion blender, potato masher, or by pouring into a blender, puree the apple sauce. If desired, garnish with ground cinnamon to serve.

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