

Side | Snack

# Homestyle Apple Sauce

Side Effect: Diarrhea

**15 Mins**  
Prep Time

**15 Mins**  
Cook Time


**8**  
Servings


 **95 Calories** **0g Fat** **15g Carbs** **0g Protein**



## Ingredients

 **8 Servings** • **½ Cup** Serving Size  **30 Mins** Total Time  **Allergens: None**

**4** Medium Sweet Red Apples (Gala, Honey Crisp, Red Delicious) peeled, **washed**, cored and chopped 

**4** Medium Tart Apples (Granny Smith), peeled, **washed**, cored and chopped 

**⅓ Cup** Water

**2 Tbsp** **Pasteurized** Honey

**2 Tsp** Ground Cinnamon

**2 Tsp** Apple Cider Vinegar

### Nourishment Note



#### **Apples**

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Cook Apples

Place peeled, cored and chopped apple pieces into a large saucepan. Add the water, **pasteurized** honey, and cinnamon and stir. Cover and bring the mixture to a simmer over medium heat. Continue to cook, stirring occasionally, until the apples are very tender, about 15-20 minutes.

### 3. Mash or Blend Apples

Remove pot from heat. If choosing to have chunky applesauce, mash apples with a wooden spoon to desired consistency. For smooth applesauce, blend in a food processor.

### 4. Season & Enjoy

Stir in apple cider vinegar. Adjust seasonings (honey, cinnamon, vinegar) as necessary. Serve warm or chilled. Enjoy!

### 5. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Paring Knife



Cutting Board



Vegetable Peeler



Measuring Cups



Measuring Spoons



Large Saucepan with Lid



Spoon



Food Processor (optional)

### Fatigue Buster

- Use an apple peeler/corer device.
- Freeze applesauce in an airtight container for up to two months.