

Cinnamon Applesauce

Ingredients

- 4 pounds apples
- 1 cup water
- 1-2 whole cinnamon sticks

Process

1. Wash apples, core and cut into quarters (do not peel)
2. Add all apple pieces to large soup pot, add 1 cup water.
3. Cook apples over medium-high heat until soft and the skins are falling off.
4. Remove skins with tongs, or run apples through a food mill. If you do not run the apples through a food mill, be sure to mash the apples, or puree with an immersion blender or potato ricer.
5. Return applesauce to the pot, add cinnamon sticks. Cook over low heat for 1 hour. Remove cinnamon sticks and enjoy. This sauce needs no additional sugar!

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