SHOPPING LIST

Apple Sauce

- ○ Granny Smith Apples
- ○ Sugar
- ○ Ground Cinnamon

First, check off the items you already have at home.

CUT

CUT

CUT

Lunch Labbers Present

SIDE DISHES

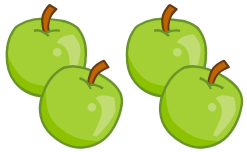
PBS KIDS GO!

FIZZY'S LUNCH LAB

Apple Sauce

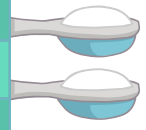
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 1 Hour	Medium	

YOU WILL NEED



4 Granny Smith apples, peeled, and cut into small chunks

½ cup water



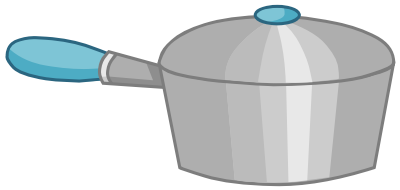
2 tablespoons sugar

1 teaspoon ground cinnamon, or more to taste

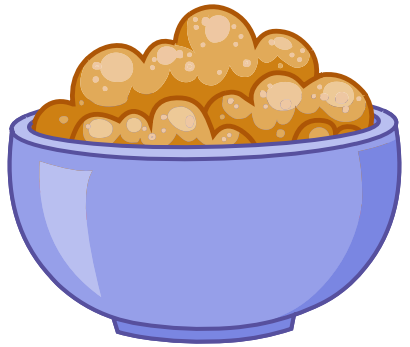
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Other tart apples such as Jonah Gold or Macintosh may be substituted for the Granny Smith.



STEP 1: Bring all the ingredients to a boil in a large saucepan. Reduce the heat to low, cover, and cook until the apples are tender, about 30 minutes. Place the apple mixture in a food processor and process until smooth. (For a chunkier sauce, mash with a fork, whisk, or potato masher.) Serve warm or refrigerate until cold.



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Nutrition Facts

Serving Size (217g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Sugars 23g	
Protein 0g	
Vitamin A 2% • Vitamin C 15%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4