***Bruised Apple Sauce***

***Ingredients***

* 4 bruised apples
* ½ tsp cinnamon
* ¼ C sugar
* ¾ C water

***Directions***

1. Peel the apples, remove the stems and cores
2. In a saucepan, combine apples, water, sugar, and cinnamon
3. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft
4. Allow to cool, then mash with a fork or potato masher
5. Apple Peel and Core Tea

***Ingredients***

* 6 apple peels/apple cores
* 3-4 C water
* 1/2 tsp cinnamon (or 1 cinnamon stick)
* 1 Tbs honey
* 1 Tbs lemon juice

***Directions***

1. Place apple peels in a sauce pan. Cover with water and lemon juice and cinnamon.
2. Bring to a boil for 10-15 minutes, until liquid is colorful and appley.
3. Strain out the apple peels using a colander positioned over a largebowl, then, add in the honey.
4. Taste... add additional honey or cinnamon to taste A

