



# REPLENISH

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# APPLESAUCE RECIPE

By Chef Sank of @EatKraveLove

## Ingredients

6 to 8 ripe or over ripe apples  
Juice from ½ a lemon  
¼ apple pie spice *or* cinnamon  
Sugar

## Directions

Add lemon juice to 1 ½ cups of water in a pot. Boil.

Peel the apples and dice them (removing seeds, stems, and any rotten parts).

Add the diced apples to the water. Bring to a simmer.

Add 2 teaspoons of sugar and ¼ teaspoon of apple pie spice or cinnamon to the apples.

Keep the apples on a gentle boil until they are soft and easy to mash.

Mash or blend all of the contents of the pot until your desired consistency.

Serve warm or cold! Store in the refrigerator.

Enjoy!

Follow Chef Sank on Instagram @EatKraveLove



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