



## Apple Sauce with Cinnamon and Cardamom

By Sally Nash

Making homemade applesauce is such an easy thing to do and it has so much more flavor and nutrition than store-bought. Choose ripe, crisp organic apples and experiment with different varieties. You can even add some pears for variety. A good combination of apples would be two of each Fuji, Gala, and Granny Smith. If you use all Granny Smith, the sauce will be overly tart and you will have to add a sweetener.

4 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Storage:** Refrigerate for up to 3 days. Freeze for up to 1 month.

**Type of Dish:** Dessert, Snack

### Ingredients

- 6-8 apples (fuji, gala and/or granny smith), peeled, cored, and quartered
- 1 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon powder
- 1/8 teaspoon ground cardamom

### Instructions

Place the quartered apples in a medium pot with water and salt. and bring to a boil. Cover and reduce heat to medium-low, and cook for 10 minutes. Remove the lid and cook for another 10 minutes, until there is hardly any liquid remaining.

Using a potatoes masher, mash the apples as fine as you would like. Stir in the cinnamon and cardamom and add a pinch more salt if necessary. Serve warm or chilled.