



# GRANNY SMITH APPLESAUCE

By Dr. Cindy Tanzar  
(Standard, Vegan/Vegetarian and Maintenance Plans)

Apple season is right around the corner, which makes it a perfect time for making applesauce. It is very easy to make and only requires a few basic ingredients. We use a no-peel recipe that doesn't strip the fruit of all its fiber, which will better control blood sugar/insulin spikes. Leave the applesauce chunky for more texture or blend it smooth. Create variety by adding cinnamon, cloves, nutmeg or ginger for an autumn flavor, or leave it simple and basic without spices. A splash of lemon juice really helps to help brighten the flavor of the cooked apples, as well. You can also enjoy your applesauce in its natural state as unsweetened, or add liquid stevia for a sweeter flavor. Once you try it, you'll never want store-bought applesauce again! Makes 8-10 servings. One serving is 3/4 cup of fruit.



## INGREDIENTS

- 6 large Granny Smith apples, organic is best
- 1 cup of water
- 1 Tbsp lemon juice
- 1 tsp. ground cinnamon (optional)
- 1/2 tsp. ground ginger (optional)



1/4 tsp. ground cloves (optional)  
Liquid stevia drops to taste (optional)

## INSTRUCTIONS

Core the apples and cut into slices or chunks. Place apples into a 4-quart saucepan, along with all the other ingredients. Mix well to evenly distribute the spices.

Bring to a boil, then reduce heat to a simmer for 20-40 minutes or until apples are soft and to your liking. A shorter simmer time will allow more texture, while a longer cooking time will cause the apples to fall apart. You may need to add a little water if the apples start to stick, but not much.

For a chunkier applesauce, use a potato masher. For a smoother applesauce, process the apples in a food processor or blender. You can always try mashing by hand first to see how you like it, then blend afterwards if it isn't your desired texture.

Serve warm or cold. Stores in the refrigerator up to 2 weeks.

You can also freeze your applesauce. Once completely cooled, transfer the applesauce into airtight containers or freezer-safe plastic bags. Be sure to leave some space at the top of the container or bag to allow for expansion as the applesauce freezes. When properly stored, homemade applesauce can last in the freezer for up to 6 months.