

# CINNAMON APPLESAUCE



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program**

Online

**Location:**

View all programs at the [Canada Agriculture and Food Museum](#)

This homemade applesauce comes together in minutes! A healthy treat, it's perfect served on its own, over ice cream, stirred into yogurt or used in baked goods.

## Ingredients

- 4 cups (1 L) unpeeled, seeded and chopped apples (about four large apples, such as Gala, Honeycrisp, Cortland, or McIntosh)
- ½ cup (125 mL) apple cider or apple juice
- ¼ tsp (1 mL) ground cinnamon, or more for a stronger taste

## Preparation

1. In a medium-sized pot, add the chopped apples, apple cider, and ground cinnamon.
2. Bring to a boil, then reduce the heat to medium. Simmer for about 10 minutes, stirring occasionally.
3. Once the apples have softened, remove the pot from the heat.
4. Carefully puree the mixture using an immersion blender, or transfer the mixture to a blender or food processor.
5. Allow the applesauce to cool, then transfer it to an airtight container.

## CINNAMON APPLESAUCE | 2

6. Store in the refrigerator for up to three days and enjoy!

**Yield:** This homemade applesauce will fill a 500 mL mason jar.

**Notes:**

- Any apple variety can be used. -Here are some of our favourites for applesauce: Gala, Honeycrisp, Cortland, Pink Lady, and McIntosh.
- Don't peel the apples, the skins add depth, flavor, and colour to the applesauce. They will soften and blend right in once pureed.