

Provided by Illinois Harvest of the Month
 · [Food Hero/ Oregon Harvest for Schools](#)



A fast and fun way to show your little eaters how apples and berries can make a yummy applesauce!

This is a CACFP recipe for Apples and Berries.

Cooking and prep level: Intermediate.

Prep Time	Cook Time	Total Time	Serving Size	Energy	HAACP Process
30 min	40 min	1 hr 10 min	1/2 cup	97 cal	2

CUISINE

American

COURSE

Breakfast

Snack

USDA MEAL COMPONENTS

1/2 cup fruit

🏠 Ingredients

- ✓ 3 lbs 10 ounces local apples
- ✓ 6 ounces fresh or frozen cranberries
- ✓ 1 cup water
- ✓ 1/3 cup brown sugar
- ✓ 2 Tbsp lemon juice
- ✓ 1/2 tsp cinnamon
- ✓ 1/4 tsp salt

Method

- 1 Peel, core and chop apples.

- 2 Combine all ingredients in a large stock pot or kettle. Bring to a boil, then lower heat to a simmer. Cover and simmer for 20-30 minutes.

- 3 Remove from heat and let cool slightly. Use a potato masher to mash until desired consistency: chunky or smooth.

- 4 Serve at 135 degrees if serving warm. Or, cool to 41 degrees within 4 hours. Serve cold at 41 degrees.

What a wonderful way to teach kids where applesauce comes from!

Nutrition Facts		
12 servings per container		
Serving Size		1/2 cup
Amount per serving		
Calories		97
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Sodium	51 mg	2.22%
Total Carbohydrate	26 g	9.45%
Dietary Fiber	2 g	7.14%
Calcium	15 mg	1.15%
Iron	0.2 mg	1.11%
Vitamin A	60 mcg	6.67%
Vitamin C (Ascorbic Acid)	10 mg	11.11%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		