

## Maple Applesauce

Lisa Chase

### Why the Recipe is Special

It is so easy! Am I embarrassed to be submitting a recipe this simple? Yes. But I'm sure I'm not the only harried parent struggling with the work-life balance and trying to put healthy, homemade food on the table for my family. Plus, all the ingredients are from Vermont.

### Ingredients

Apples

Maple syrup

Yep, that's it

### Directions

Chop up lots of apples and put them in a big pot. Leave the peel on. (For you skeptics out there who peel your apples, give it a try. The peel adds flavor, texture, color, and nutritional value.) You can use any variety of apple but some will cook down quicker than others. Mix and match. Go ahead and throw in your apples with bruises and blemishes.

Add a bit of water so you don't burn the bottom of your pot and to thin the applesauce. Cook on medium heat and stir often.

Stop cooking when you like the texture, anywhere from 15 minutes to an hour, depending on the quantity of apples, how chunky you like your applesauce, and the variety of apple. You can mash the apples as they cook to speed things up. Or keeping simmering away and let the heat do the work for you.

Add maple syrup to taste. Delicious hot or cold and any temperature in between. Top with homemade granola for breakfast or ice cream for dessert. Or just eat spoonfuls of it plain (right out of the pot when the kids aren't looking).

Many applesauce recipes call for sugar, lemon juice, and cinnamon. Definitely leave out the sugar. We all know why maple syrup is far superior for so many reasons! Go ahead and add lemon juice, cinnamon, salt and other spices if you are not wedded to locavore living. But leave them out if you want your applesauce to be all Vermont goodness.

P.S. I'm serious about leaving the peels on your apples. My husband grew up in a wonderful Vermont home with the cherished tradition of peeling the apples for pies, crisps, etc. He's ruined for life. Don't do that to your kids. It's like cutting the crust off sandwiches. Just stop it. The kids will learn to love peels and crust if they grow up that way. You can leave the skin on your winter squash too, by the way. But that's another recipe for another day.