



COMMUNITY COOKING HEART-HEALTHY RECIPE

Easy Homemade Applesauce

Original recipe created by Allan Niskanen (JWU Intern Spring 2014)
Approximate cost of the recipe: \$4.18 or \$.70 per serving (Serves 6)

Ingredients

- 4 large apples
- 1 lemon
- 3/4 cup water
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon

Preparation

1. Wash and prepare all produce (peel, core and slice apple and cut lemon in half).
2. In a large pot combine apple slices, salt, cinnamon, sugar, water and the juice of the lemon.
3. Cover and cook for 20 minutes. Apples should be soft enough to mash easily.
4. Using a potato masher, mash mixture to desired consistency.



Applesauce Pancakes

Recipe adapted from ww-recipes.net
Approximate cost of the recipe: \$2.19 or \$.55 per serving (Serves 4)

Ingredients

- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 2 cups water
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/2 cup applesauce
- 1/2 cup raisins
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Preparation

1. Combine dry ingredients, then add remaining ingredients and beat together.
2. Pour the batter onto a hot, lightly oiled griddle or skillet.
3. Cook until pancakes have a bubbly surface and slightly dry edges (2-3 minutes).
4. Turn pancakes. Cook for an additional 2-3 minutes (until golden brown).

For more information on the Food Bank and our Community Cooking nutrition education program, please visit www.rifoodbank.org.