

Recipe

Berry Red Applesauce

INGREDIENTS:

6 large apples
2 cups of fresh or frozen
strawberries (hulled)
1/2 cup water OR
unsweetened apple
cider
1/2 tsp ground cinnamon
1 tsp. vanilla extract
honey (optional)

Caution: Always check for allergies before serving foods. Make substitutions as needed. Do not feed children under age 1 any foods that contain honey.

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DIRECTIONS:

Note: Take advantage of all the ripe apples that are in season with a tasty snack the children can help make. This recipe will make about four cups of strawberry applesauce.

Invite children to wash their hands and help add the apples, water or apple cider, and cinnamon to a large cooking pot. Bring to a boil (adult only), and then cover and simmer over medium-low heat for 15 minutes. Stir occasionally, encouraging children to notice the smell of the apples and cinnamon cooking. After 15 minutes, show children how the apples look now that they have simmered. Talk about their appearance and color. Ask children how the apples have changed.

Add the strawberries, cover, and cook for another 15 minutes. Turn off the heat, add the vanilla, and allow the mixture to cool for a bit. Once again, invite children to observe. How do the ingredients appear now that the strawberries have cooked? Can the children describe the colors and smells?

Mash the mixture with a large spoon or puree it in a blender or food processor. If it is too tart, you can add a little honey to sweeten it. Serve in small bowls.

