

# Microwave Apple Sauce

6 apples, peeled and sliced

1/4 cup water

1/3 cup sugar

1 teaspoon cinnamon

Place all ingredients in a 2-quart microwave-safe baking dish. Cover and cook on high power 6 to 8 minutes. Cool for a few minutes. Place in a blender and blend until smooth. Makes 8 servings.

## Selection and Storage

### Apples

Choose firm apples that have good color. The skin should be smooth with no soft spots or wrinkles.

Refrigerate and use within 2 weeks.