



**Nova Scotia
Apples**
Pick An Original



Basic Applesauce
Yield: 750 mL (3 cups)

- 8 medium-sized Nova Scotia apples
- 2 mL cinnamon 1/2 tsp.
- 125 mL water 1/2 cup
- 5 mL salt 1 tsp.
- 15 mL reconstituted lemon juice 1 tbsp.
- 125 mL brown sugar or more 1/2 cup

Core and dice apples; place in saucepan, add water and salt, simmer until soft. Press through sieve or food mill; add cinnamon, salt, lemon juice and add sugar to taste; stir until dissolved. Serve hot or cold.

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