

## Applesauce

1 pound of apples for every cup of applesauce

Peel apples and cut into 4 pieces. Put the pieces with seeds and core removed into a big pan or an electric skillet. Cook the apples over medium heat, stirring from time to time, until they are soft. If the mixture seems too dry or the apples start to stick, you can add a little water, but fresh apples will usually have enough juice of their own. Mash the apples with a potato masher. Taste the applesauce and add a little honey or sugar. You can also add a little lemon juice to bring out the flavor. Then sprinkle on a bit of cinnamon and nutmeg. Stir it all up and eat it, either warm or cooled.

*Food in Kansas*

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