

## APPLESAUCE WITH GINGER

Servings: 2 cups

### INGREDIENTS

1 lb (3-4)	tart apples (such as Spy or Granny Smith)
1/2 cup	water
1/3 cup	sugar
1	freshly squeezed lemon
1/2 tsp	ground nutmeg
1/2 tsp	ground cinnamon
1 tsp	fresh finely chopped ginger
pinch	salt (or to taste)

### DIRECTIONS

1. Peel and roughly chop apples.
  2. Place in saucepan with water. Add sugar and seasonings.
  3. Cook covered over low heat until the apples are tender (approximately 20-30 minutes).
  4. Cool slightly and add lemon juice.
  5. Puree or mash to preferred consistency and adjust seasonings if desired.
- Serve warm or cold.