

Apple Sauce and Fruit Roll-ups

DIRECTIONS

Ingredients:

- Around 8 medium apples of your choosing. We love our very own Sonoma County treasure, the beloved Gravenstein Apple! (Feel free to add pears too.)
- $\frac{3}{4}$ cup water
- 1-2 tablespoons honey, packed brown sugar, or granulated sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground cloves or ginger (optional)

Instructions:

- In a medium saucepan combine apples and the water. Cook, covered, over medium heat for 20 minutes or until tender. Remove from heat and coarsely mash. Stir in honey/sweetener (if using), cinnamon, and cloves; and then cool.
- Store in an airtight container in the refrigerator for up to five days or freeze for up to six months.

Serving Suggestion:

If you like, serve applesauce topped with plain or vanilla yogurt, granola, and chia seeds.

TURN YOUR APPLE SAUCE INTO "FRUIT ROLL-UPS"

Transfer your finished apple sauce to a food processor and blend until very smooth. Spread evenly onto a baking sheet and bake until dried out and no longer sticky, about 3-4 hours. You can also accomplish this step by using a dehydrator - set the food dehydrator to 140F (60C) and let set for 8-10 hours. Using scissors or a paring knife, cut leather into vertical strips and roll up.... Enjoy!