



## **Chunky Chilean Applesauce**

### INGREDIENTS

3lbs Chilean apples  
¾ cup orange juice  
¼ tsp. cinnamon  
½ tsp. vanilla  
Dash freshly grated nutmeg

### INSTRUCTIONS

Cut apples into quarters. Peel and core then cut into large chunks. Place all ingredients into a medium sized pot over medium heat. Cover and stir occasionally to coat apples. Cook until apples are soft. Approximately 40 minutes. Serve warm or cold.



SERVES 5 (1/2 cup servings)

### NUTRIENTS PER SERVING

32 calories and 1 gm dietary fiber

*Recipe from the Chilean Fresh Fruit Association*