Farmers Market Fun Family Recipes

Ingredients

7 apples, cut in quarters
1/2 cup water
1/4 cup sugar

Instructions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.

2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.

3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.

4. Stir in sugar and heat until sugar is dissolved.

5. Serving suggestion: add 1 Tablespoon cinnamon and stir before serving.
Nutrition information:

Calories: 70
Carbohydrate: 18 gm
Fiber: 2 gm
Fat: 0 gm
Protein: 0 gm
Cholesterol: 0 mg
Sodium: 0 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Notes

Additional sugar can be added to increase sweetness. Brown sugar can be used instead of white.

Remember 🧼

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.