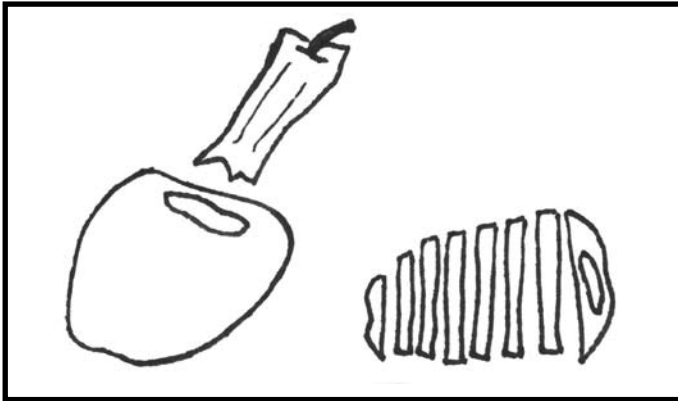
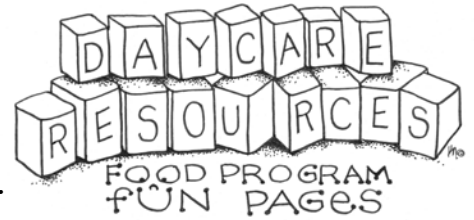


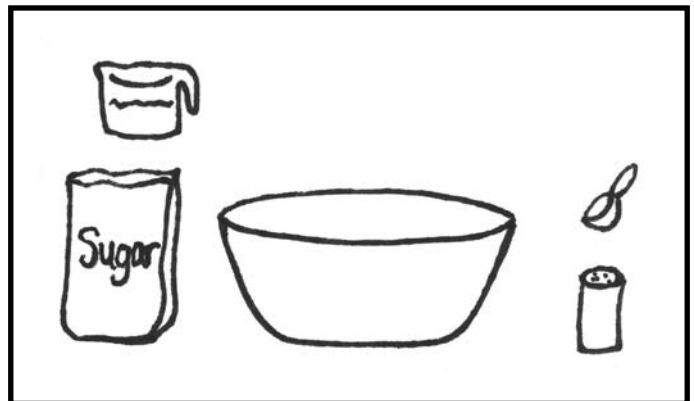
Happy Apple Sauce

Makes 6 cups.

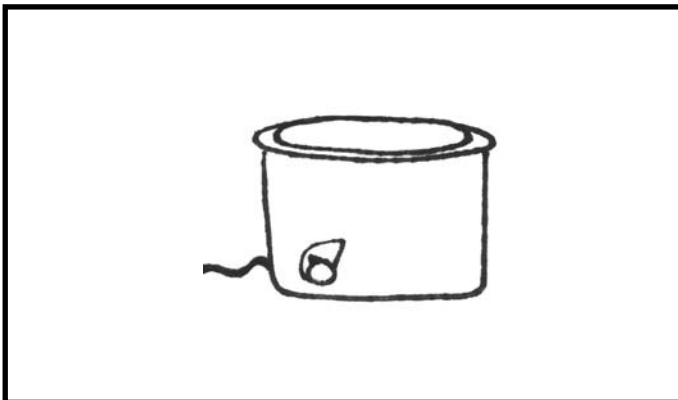
CACFP credit: 1/2 cup "Happy Apple Sauce" counts as 1/3 cup fruit.
Recipe adapted from: www.recipezaar.com, 2008.



1. Core and peel 4 pounds of apples. Cut into thin slices.



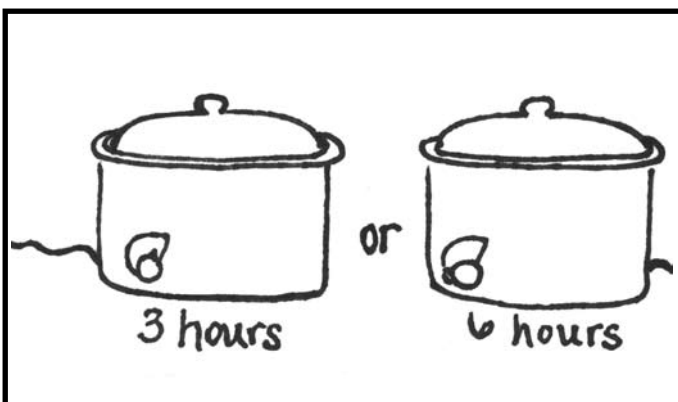
2. Place apples in a large bowl. Mix with 1/2 cup sugar and 1/2 teaspoon cinnamon.



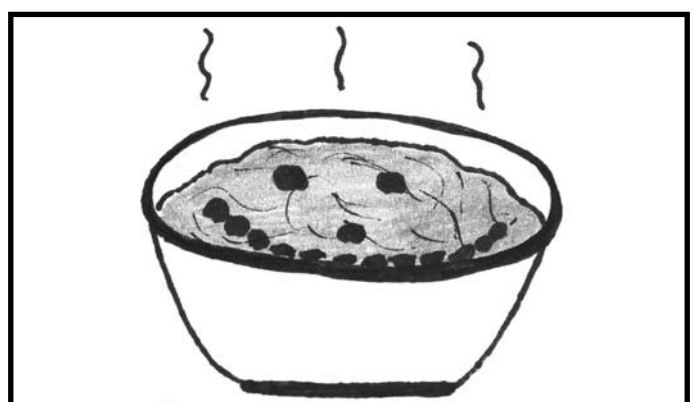
3. Pour apples into a crock pot.



4. Add 1 cup water and 1 tablespoon lemon juice.



5. Cook on low for 6 hours or high for 3 hours.



6. Spoon into bowls. Make a happy face in each bowl with raisins or red hot candies.