

Cooking with Applesauce



Applesauce is made from apples. Some types of applesauce are made with added sugar; others are not.

Applesauce is low in fat and sodium. A serving size is $\frac{1}{2}$ cup.

Uses

Applesauce by itself is a great-tasting snack or dessert. To lower the amount of fat in baked foods, substitute up to one-half of the oil, margarine or shortening with an equal amount of applesauce.

For example, if a recipe calls for 1 cup of butter, use only $\frac{1}{2}$ cup of butter and $\frac{1}{2}$ cup of applesauce.

How to store it

For best quality, store unopened cans or jars of applesauce in a cool, dry place and use them within 1 year.

Applesauce that has been opened should be stored in a covered container in the refrigerator and used within 1 week.

Applesauce Cake (makes one 8-inch-square cake)

What you need

- $\frac{1}{2}$ cup butter or margarine
- 1 cup sugar
- 1 cup chilled applesauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground cloves (if you like)
- $\frac{1}{2}$ cup chopped nuts (if you like)
- $\frac{1}{2}$ cup raisins

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Cream the butter or margarine with the sugar.
3. Add the applesauce and mix it well.
4. Stir in the flour, soda, cinnamon and cloves.
5. Add the nuts and raisins. The batter will be thick.
6. Pour the batter into a greased and floured 8-inch-square pan.
7. Bake the cake at 350 degrees F for 40 to 50 minutes or until it is done.

Applesauce Raisin Muffins (makes about 12 muffins)

What you need

- $1\frac{1}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup oatmeal (regular or quick)
- $\frac{1}{2}$ cup packed brown sugar
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon (if you like)
- $1\frac{1}{2}$ cup applesauce
- $\frac{1}{4}$ cup milk
- 1 egg
- 2 tablespoon vegetable oil
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup nuts (if you like)

How to make it

1. Wash your hands. Make sure your cooking area is clean.
2. Lightly grease the muffin tins with vegetable oil or cooking spray.
3. Mix the flour, oatmeal, sugar, baking powder, soda, salt and cinnamon in a medium-sized bowl.
4. Add the applesauce, milk, egg and vegetable oil. Mix it until it is moistened.
5. Stir in the raisins and nuts.
6. Fill the muffin tins $\frac{3}{4}$ full. Bake the muffins at 400 degrees F for 20 to 25 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Note: These are very moist muffins. Place uneaten muffins in a resealable bag or a covered container and store them in the refrigerator.

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