**No Added Sugar Applesauce**

Servings 4 (1/4-cup servings)

2 medium honey crisp, Cortland, or empire apples, peeled, cored, and chopped in bite-size pieces (sweet apples are best // leave peel on for more texture and fiber)

1/4 tsp ground cinnamon (plus more to taste)

2-3 Tbsp water

1 tsp lemon juice or apple cider vinegar (for preserving / keeping fresh longer / tartness)

Add chopped apples, cinnamon, a dash of water, and lemon juice or apple cider vinegar to a medium saucepan. Stir. Cover and cook over medium heat until it simmers, then reduce heat to low / medium-low and continue cooking until the apples are very tender and slightly caramelized — about 15-20 minutes. Stir occasionally. Use the back of a wooden spoon or potato masher to mash into a loose sauce. You could also blend with an immersion blender, in a food processor or high-speed blender for smoother texture (optional) – a helpful step if you left the skins on. Enjoy fresh, or store cooled leftovers in the refrigerator up to 4-5 days, or in the freezer up to 1 month.