

## Extra Thick Applesauce

This is the simplest and most delicious applesauce you'll ever make. We used our freshly picked apples, but any variety of your favorite apple will work. Leaving the peel on the apples gives this sauce a hearty, creamy texture that's totally unlike watery applesauce you'd buy in a store.

This recipe is so thick and rich, it'll leave you wondering why anyone ever peels apples before turning them into applesauce! It's such a missed opportunity, not only for the many nutrients in the peel, but also for the festive color! Plus it's ready in minutes. So without further ado, here's the only applesauce recipe you'll ever need:

### Extra thick applesauce

7 small to medium sized apples (about 1  $\frac{3}{4}$  pounds), core and stems removed)  
 $\frac{1}{2}$  cup water

Cut apples in half. Place apples and water in pot. Bring to a boil. Cover and simmer 10 to 15 minutes until apples are soft. Place apples with skins and excess liquid into a ball canning jar. Use immersion blender to blend until smooth and creamy. Makes about 3 cups.

\* I like to use a melon baller to take the seeds out of the apple. It is effective for getting just the seeds without removing much of the precious apple.

Servings: 4  
Calories: 166

Carbohydrate: 44 g  
Protein: 1 g

Fat: .5

Recipe from the Chef Dawn Ludwig Blog  
at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn  
see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently