

Classic Apple Sauce

1 pound apples (about 3), cored and chopped (I don't peel my apples because I like texture, but you can if you want)

1/4-1/3 cup sugar

Lemon juice or apple cider vinegar for finishing, if needed

Cinnamon, for finishing (optional)

1. Combine the apples and 1/4 cup sugar with 1 cup water in a medium pot.
2. Simmer on medium until the apples become completely softened and begin to break down. As they soften, use a wooden spoon to smash them to your desired consistency.
3. Remove from heat and season with more sugar if needed, a splash of lemon juice or apple cider vinegar, and cinnamon, if you'd like.