

## Dr. Tom's Applesauce



**Prep: 10 mins**

**Total: 25 mins**

### Directions:

- Wash apples (organic if possible).  
Dice into small pieces (½ inch or so).
- Put apples into a pot, cover with water about ⅓ of the way.
- Don't want them swimming in water.
- Cook at a simmer for approximately 10 -15 minutes until the apple skin becomes shiny. At that time the applesauce is complete.
- Optional ingredients amounts at your discretion:
  - \* Raisins (for sweetness and additional fiber)
  - \* Cinnamon

