

Applesauce

6 apples

½ cup (125 ml) water

Pinch of cinnamon

1 teaspoon (5 ml) lemon juice

Sugar to taste cutting board and knife

Large saucepan

Stove or hot plate

Peel, core and cut up apples. Put in large saucepan. Add water, sugar and lemon juice. Cook until tender. Add cinnamon. Press through a colander.