



# HOMEMADE APPLESAUCE GUIDE

From FrugalLivingNW.com

## INGREDIENTS

- Apples (2½ - 3½ pounds = 1 quart of sauce)
- Sugar (optional)
- Cinnamon (optional)

## EQUIPMENT

- [Food Mill/Strainer](#) (optional)
- [Apple Peeler/Corer/Slicer](#) (optional)
- [Canning Equipment](#) for canning
- Freezer Bags or Containers if freezing

## BEST APPLES FOR APPLESAUCE

Braeburn  
Gala  
Golden Delicious  
Granny Smith (when combined with others)  
Gravenstein

Jonagold  
Jonathan  
McIntosh  
Tsugaru  
Winter Banana

## HOW TO MAKE APPLESAUCE

1. Select your apples. You can use a combination of varieties or just one. The sweeter the apple, the less sugar (if any) you will need to add. The softer the apple, the faster it will cook.
2. Wash, quarter, peel, and core the apples. If you have a food mill/strainer, you don't need to peel or core. This is ideal if you are making a large batch of applesauce.
3. Place your apples in a pot with no more than one inch of water in the bottom to prevent scorching. Use a couple of wide pots if you're preparing a large quantity of apples instead of one deep stockpot so the apples can be stirred easily and cooked evenly.  
  
The more water you use, the thinner your applesauce will be. You can pour some of the liquid off as the apples start to cook down and release juice if you've added too much.
4. Simmer on medium heat, stirring often, until the apples have cooked down to a soft consistency. It will take 30-45 minutes depending on the apples and your desired consistency.
5. Once the apple mixture is soft, put it through a food mill/strainer to achieve the desired consistency and to remove the seeds and peel. If you like a thicker, chunkier applesauce, skip this step (assuming you cored & peeled your apples). You can also run the sauce through a blender or food processor if you want an incredibly smooth sauce.
6. OPTIONAL: Add sugar and/or cinnamon a little at a time to sweeten and flavor the sauce.
7. Store your applesauce. Find [freezing instructions HERE](#) and [canning instructions HERE](#).