SHOPPING LIST

Raspberry Applesauce

- ◯ Apples
- ◯ Frozen Raspberries
- ◯ Sugar
- ◯ Kosher Salt

First, check off the items you already have at home.

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Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Raspberry Applesauce

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	8
YES	Under 1 hour	Medium	

YOU WILL NEED

4 pounds Macintosh apples (8 medium), peeled, cored, and cut into 1 ½" chunks

8 ounces frozen raspberries, about 2 cups

½ cup water

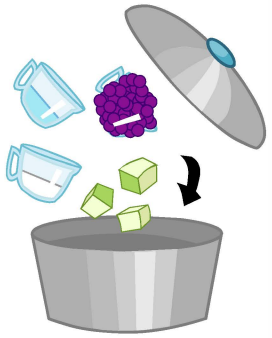
¼ cup granulated sugar

Pinch kosher salt

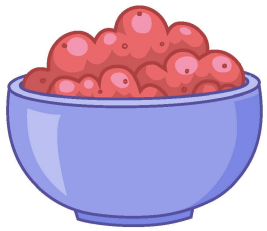
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

The apples will splatter and expand as they cook, so use a pot with a tight-fitting lid that's bigger than you think you would need.



STEP 1: Combine all the ingredients in a large Dutch oven. Cover and cook over medium heat until the apples soften and begin to break down, about 25 minutes. Remove the pot from the heat and cool to room temperature.



STEP 2: For chunky applesauce, mash the apple mixture with a potato masher or whisk to the desired consistency. For smooth applesauce, process the apple mixture in a food processor until smooth. Serve.

Nutrition Facts

Serving Size 1 serving (275g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 39g	13%
Dietary Fiber 7g	28%
Sugars 30g	
Protein 1g	

Vitamin A 4% • Vitamin C 30%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4