

# \*Apple Sauce\*

## INGREDIENTS

- 10-11 apples, cut into small cubes
- 2 Tbsp lemon juice
- 1 small cinnamon stick
- 1/2 cup water



## DIRECTIONS

1. Combine apple pieces, lemon juice, water and cinnamon stick in a medium-size pot. Bring to a boil and turn down to medium-low heat. Simmer until fork tender, 10-20 minutes. Stir occasionally.
2. Remove the cinnamon stick and mash the apples with a potato masher. You can blend to incorporate the apple skins or leave them as is for a “chunky” consistency.
3. Applesauce can stay in the refrigerator for up to a week, or can be frozen to store long-term.



Recipe from: <https://zerowastechef.com/2023/11/13/easy-quick-no-waste-applesauce-skins-on/>

# \*Whipped Cream\*



## INGREDIENTS

- 1 cup (8 ounces) heavy cream
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Place all ingredients into a large bowl.
2. With a whisk, whip the cream until soft peaks form.