WELLNESS IN THE SCHOOLS

WITS LAB



CHUNKY APPLESAUCE

CHUNKY APPLESAUCE

For class of 30, makes 6 cups

Ingredients:
15 apples
½ cup water
1 tsp cinnamon (approximately, to taste)

Procedure:
1. Core the apples. Do not peel them.
2. Cut apples into small, uniform sized chunks. Place them into a pot.
3. Add water and cinnamon into the pot, stir together, and cover.
4. Cook apples on medium heat until they become very soft, approximately 30–40 minutes. If necessary, add more water as the mixture thickens until desired consistency.
5. Mash with a spoon.
6. Cool. Taste and adjust seasoning if needed.

CINNAMON TREE and HARVEST







AN APPLE A DAY KEEPS THE DOCTOR AWAY



Apples are a good source of fiber for a healthy tummy. The majority of the fiber is in the skin.



Apples have vitamin C for healthy skin



Apples have antioxidants for a healthy heart



Locally grown apples are fresher, tastier, better for the environment and available in the cafeteria!



Apples break down into complex carbohydrates for long, steady energy

DO WE NEED SUGAR IN APPLE SAUCE?



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APPLE TREE APPLE ORCHARD





THE BIG APPLE!
OFFICIAL FRUIT OF NEW YORK STATE



WELLNESS IN THE **SCHOOLS**

SO MANY APPLES!

There are more than 7,500 varieties of apples grown worldwide.

