

# **CUP COOKING...HOT APPLESAUCE**

(serves 1)

## **INGREDIENTS AND QUANTITIES:**

1 cooking apple  
1 tbsp. Water  
1 tbsp. Sugar  
pinch of cinnamon, nutmeg and /or cloves  
1 scoop of vanilla ice cream

## **EQUIPMENT & UTENSILS:**

1 cup (regular kitchen mug)  
paring knife  
vegetable peeler  
cutting board  
microwave

## **PROCEDURE:**

1. Select a firm, blemish-free cooking apple (Macintosh or Spartan).
2. Wash and dry the apple. Peel the apple using the vegetable peeler. Cut in half, then in quarters. Cut out the core and stem.
3. Slice the apple into small, thin slices.
4. In the cup combine the apple slices, sugar and water. Cover the cup with plastic wrap. Microwave on high for 2-3 minutes, until apple is fork-tender.  
**CAREFUL! The cup might be very hot!**
5. Mash the apples with a fork to make chunky applesauce. Add the spices and stir well.
6. Put 1 scoop of ice cream in a small dessert bowl. Serve the applesauce warm over top of the ice cream.