

COMMODITY FOODS

APPLESAUCE

Applesauce may be sweetened or unsweetened.



Storage

- ◆ Store unopened cans in a cool, dry place for up to 12 – 18 months.
- ◆ Store opened applesauce in a covered container in the refrigerator. Use within 5-7 days.

Uses & Tips

- ◆ Unsweetened or sweetened applesauce can be served at room temperature or chilled.
- ◆ Sprinkle with cinnamon for added flavor.
- ◆ Substitute applesauce for the fat used in baked goods. Start by substituting applesauce for a small portion of the fat (1/4 – 1/3) when you first attempt to alter the recipe. Then gradually substitute more applesauce for more of the fat each time you make the recipe. Find the substitution amount that is to your liking.
- ◆ Add applesauce to 100 % fruit juice. Freeze for tasty, nutritious popsicles.

Applesauce Raisin Bread Makes 16 slices.

1 cup applesauce	1/2 tsp. salt
1/2 cup oil	2 tsp. cinnamon
1/2 cup sugar	1 egg, slightly beaten
3/4 cup flour, sifted	1 cup raisins, chopped figs
1 tsp. baking soda	chopped prunes

1. Mix applesauce, oil and sugar in a bowl.
2. Sift together flour, baking soda, salt and cinnamon in a medium bowl.
3. Add the applesauce mixture to the dry ingredients and mix well.
4. Add egg and raisins. Mix and pour into a greased and floured 8x4-inch loaf pan.
5. Bake at 325°F for 1 hour and 20 minutes or until done.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 7 g ~ calories from fat 70 ~ sodium 160 mg ~ total carbohydrate 21 g ~ fiber 1 g