

# Wild Applesauce

This recipe makes approximately 10-12 cups or 2 medium trays depending on apple size\*

[Live Life Simple's: Wild Applesauce](#)

## Ingredients:

4-5lbs of quartered apples

1 tbsp cinnamon

Sweetener (optional to taste)

FD Fruit Powder \*\*  
Optional



## Directions:

1. Rinse and quarter your apples (you can leave skins on or peel)
2. Add apples to instant pot, crock pot or pan to boil
3. Add 2 cups of water to the bottom of instant pot (if using crock pot or boiling you will require more water)
4. Add cinnamon and sweetener (some apples do not need sweetener and some can be on the sour side) \*\*\*\*\*this can also be done after they are cooked
5. Set instant pot for 6 min on high pressure and cook and instant release when done (if boiling or using a crock pot, cook apples until they are tender enough to put into a blender or food processor)
6. Add apples and some water into a blender and blend until you reach your desired texture. Slowly add the cooking water back in if needed
7. I typically blend ½ and then adjust my flavor. You can add additional cinnamon and sweetener if needed
8. Pour applesauce onto a parchment paper lined tray (this gets sticky!)
9. Use tray dividers in the 40 portion setting for applesauce cubes
10. Due to the thickness of the sauce, make sure all trays are warm when the cycle is done. If they are not, add more time until they are warm
11. Store Appropriately (See Tips and Tricks for storage help)

Another option for more flavor is adding FD fruit powder to the applesauce. I used strawberry, but I think peach would be awesome or really any other fruit flavor would work



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray

**Cycle Time:** 37 hours for medium and 25.8 KWh used

**Rehydration:** 2 divider cubes (I made 40 sections per tray) or 6 grams of fd material needs 3 tbsp water (adding less water, and making a thicker sauce could make this a spread for toast or pancakes)



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