

Wild Applesauce

This recipe makes 10-12 cups



Ingredients

4-5 lbs apples

1 tbsp cinnamon

Sweetener (optional)

Freeze dried fruit powder (optional)

Directions:

1. Rinse and quarter the apples, removing the cores. You can leave the skins on for added fiber or peel them if you prefer a smoother texture.
2. Place the apples into your Instant Pot, Crock-Pot, or a large pot on the stove.
3. Add water to cook the apples. For the Instant Pot, pour 2 cups of water into the bottom of the pot. For the Crock-Pot or stovetop, you'll need more water—just enough to prevent sticking and ensure the apples cook evenly.
4. Add cinnamon and sweetener to taste. Keep in mind that some apple varieties are naturally sweet, while others may be more tart. You can also adjust the seasoning after cooking if you're unsure.
5. For the Instant Pot: Set it to High Pressure for 6 minutes. Once the cooking cycle is complete, perform a quick release. For the Crock-Pot: Cook on low for 4-6 hours or on high for 2-3 hours, until the apples are soft. For stovetop boiling: Simmer the apples over medium heat until tender, about 20-30 minutes.
6. Once cooked, transfer the apples (along with some of the cooking liquid) into a blender or food processor. Blend until you reach your desired consistency. If needed, slowly add more of the cooking liquid to thin the applesauce. I recommend blending half of the apples first, tasting, and adjusting the flavor with more cinnamon or sweetener if needed before blending the rest.
7. Pour the applesauce onto a parchment-lined freeze dryer tray—the sauce will be sticky, so parchment helps with cleanup.
8. Use tray dividers set to the 40-portion setting to create applesauce cubes for easy portioning.
9. Pre-freeze when possible.
10. Freeze dry (my cycle time was 37 hours)
11. Due to the thickness of the applesauce, ensure all trays are warm at the end of the freeze-drying cycle. If any trays feel cool or damp, add more drying time until everything is fully dried and warm to the touch.
12. Store in jars for short-term use or in mylar bags for long-term storage

(continued)

Rehydration:

For 2 divider cubes (from a 40-section tray) or 6 grams of freeze-dried applesauce, add 3 tablespoons of water to rehydrate.

For a thicker consistency (perfect as a spread for toast, pancakes, or muffins), simply reduce the water to your desired texture. Start with 1-2 tablespoons and adjust as needed.

Notes:

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

Nutritional Value Per 1 cup of plain applesauce

Calories: 102 Protein: 0 g Fat: 0 g Carbohydrates: 28 g Sugar: 23 g Fiber: 3 g