



Apple-Pear Sauce

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: ~½ cup

Ingredients

4 medium (5- to 6-ounce) sweet apples (e.g. Gala, Macintosh, Fuji), peeled, cored and sliced (about 1½ pounds)

4 medium (5- to 6-ounce) ripe pears, peeled, cored and sliced (about 1½ pounds)

½ cup water

2 teaspoons lemon juice

1 teaspoon ground cinnamon

½ teaspoon ground ginger

1 pinch salt

1-3 tablespoons maple syrup or honey, to taste (optional)

Directions

1. In a large saucepan or other large pot, add the apples, pears, water, lemon juice, cinnamon, ginger, and salt.
2. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
3. Cover the pan with a lid and cook until the apples and pears are very soft, about 25-30 minutes, then remove from the heat.
4. Use an immersion (handheld) blender to blend the mixture into a smooth sauce, or use a potato masher for a chunkier sauce.
5. Taste and add maple syrup or honey if more sweetness is desired.
6. Serve warm, or chill before serving if desired. This sauce will keep in the refrigerator for up to 7 days, or in the freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 125 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 50 mg | Total Carbohydrate: 31 g | Dietary Fiber: 5.5 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs