

## Old-Fashioned Apple and Pear Sauce

Preparation time **20 minutes**

Cooking time **30 minutes**

Servings **5**

Cost per serving **\$1.06**

Storage **4 days in the fridge.  
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, vegetable peeler or small sharp knife, large pot, wooden spoon, potato masher**



## Ingredients



125 ml (½ cup)  
**water**

*FOR YOUNG CHILDREN,  
IT'S BETTER NOT TO ADD ANY  
SUGAR AND GIVE THEM A  
CHANCE TO DISCOVER THE  
REAL TASTE OF FRUIT.*



60 ml (¼ cup)  
**sugar** (optional)

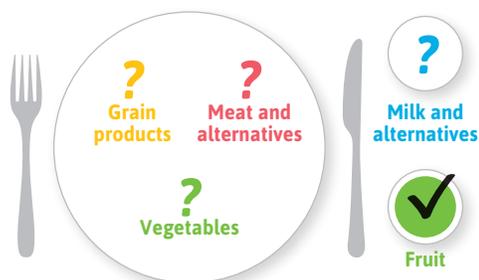


5 medium size **apples**,  
peeled and diced  
into small pieces



4 medium size **pears**,  
ripe, peeled and diced  
into small pieces

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### Balanced plate

✓ One serving of this sauce is a tasty way to add fruit to your menu!

## Directions

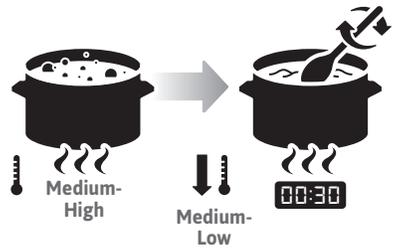
1 In a large pot, combine the **water** and **sugar**.



2 Add the **apples** and the **pears** as they are being cut. Combine.  
**Tip:** If you are not using any sugar, you can add a little lemon juice at this step to keep the fruit from turning brown.



3 Cook over medium-high heat to a boil, then reduce heat to medium-low and cook gently for about 30 minutes, stirring occasionally, until the apples are very soft (cooking time will vary depending on the variety you are using).



4 Once removed from the heat, mash the fruit with the potato masher until desired consistency.



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition