

## Baked Apple Sauce

This apple sauce is easy to make and does not need extra sugar. You don't even have to peel the apples.

Surprisingly, it uses a bit of crushed thyme instead of cinnamon, cloves, or nutmeg.



### Ingredients

- 5 apples
- 1/4 tsp. crushed thyme

### Equipment

- Baking pan
- Melon baller
- Aluminum foil

Preston 2015

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☑	Description	Time (min)	
	Preheat oven to 375		15
	Cut apples in half. Use melon baller to remove seeds and stems.	5	
	Line baking pan with aluminum foil	1	
	Place apples in the pan, cut side down	1	
	Sprinkle with 1/4 tsp. thyme	1	
	Cover with foil and seal the edges	1	
	Bake		45
	Remove from oven. Remove foil and allow to cool	15	
	Remove skins from baked apples.	1	
	Use a spatula to transfer apple sauce to a storage or serving bowl	1	
		1 hr. 17 min.	