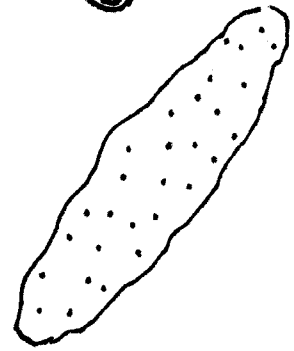
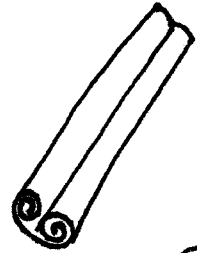


- 8 APPLES - PEELED AND CORED
- 1 INCH LONG CINNAMON STICK
- 1 INCH WIDE STRIP OF LEMON ZEST
- $\frac{1}{3}$ CUP OF WATER

(OPTIONAL: SUGAR TO TASTE)



CUT THE PEELED AND CORED APPLES INTO BITE SIZED PIECES. PLACE THE APPLES, CINNAMON STICK, LEMON ZEST AND WATER IN A POT. COVER THE POT AND SIMMER OVER MEDIUM HEAT UNTIL APPLES ARE TENDER - ABOUT 10 MINUTES. REMOVE THE POT FROM THE STOVE AND MASH THE APPLES (YOU CAN TAKE OUT THE LEMON ZEST) TILL THEY TURN INTO SAUCE. TASTE AND ADD A TABLESPOON OF SUGAR IF NEEDED.