



# Instant Pot Applesauce

\$.85 per serving

**Prep Time** 10 minutes  
**Cook Time** 5 minutes  
**Total Time** 15 minutes

**Servings** 6  
**Calories** 47 kcal

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## Ingredients

- 3 lbs apples cored and peeled (\$4.98)
- 3/4 cup water
- 1 tbs lemon juice (\$.08)
- 1/2 tsp cinnamon (\$.01)
- 1/4 tsp ginger (\$.05)

## Instructions

1. Place all the ingredients in the Instant Pot. Cover the pot and turn the valve to Sealing. Press Manual, and adjust the high pressure cook time to 5 minutes.
2. Once the pot comes to pressure and the 5 minute cook time is finished, let the pot release the pressure naturally. (If you try a quick release, you may get applesauce spitting out of the valve all over your kitchen.)
3. Once the pressure is released, remove the lid and mash the apples. Taste the applesauce and add a little pure maple syrup or honey if desired. Serve warm or refrigerate for later.